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Celebrity Buzz

MJ finally laid to rest
pg 44

Black stays in slammer through appeal

DENIED U.S. Supreme Court Justice John Paul Stevens has turned down former newspaper mogul Conrad Black's request to be freed from a Florida prison while he appeals his fraud conviction to the high court.

Stevens rejected Black's plea yesterday without comment.

Black, a member of the British House of Lords, has served nearly 17 months of a 6½-year prison term at the federal prison in Coleman, Fla.

In May, the court agreed to consider overturning Black's conviction in July 2007 on charges he siphoned off millions of dollars belonging to Hollinger International when he was chief executive of the media company. The case will be argued this fall.

Prosecutors opposed granting Black bail, arguing his conviction for obstructing justice would be unaffected by the court's decision.

Black's lawyers have said that conviction would be thrown out if the fraud conviction also were overturned.

THE CANADIAN PRESS

Jamie Foxx **In living colour**

JOHN R. KENNEDY/FOR METRO TORONTO

Jaime Foxx drops by MuchOnDemand to talk about his album Intuition yesterday. Foxx is launching LG Life's Good FilmFest today. He's also performing a concert at Sound Academy tonight.

Jays say adios, Rios

Well-paid right-fielder goes to White Sox for zilch

The Toronto Blue Jays liked Alex Rios, but they liked the money his departure would free up even more, which is why the struggling two-time all-star is now a member of the Chicago White Sox.

General manager J.P. Ricciardi allowed Rios to be claimed off waivers by the Sox yesterday, receiving nothing in return other than some bottom-line relief for a player recently considered one of the franchise's cornerstones.

"Do we take the financial flexibility in a time when the game is changing, or do we retake the player and try to address some of our needs?" Ricciardi said of the decision he was facing. "We like the player, but it's just a situation where the contract for us, it enables us to do different things."

The team has denied it is in cost-cutting mode.

Rios signed a seven-year contract with the Blue Jays in April 2008 that guarantees him $69,835,000. He was due $5.9 million this season, $9.7 million in 2010, $12 million each in 2011 and 2012 and $12.5 million apiece in 2013 and 2014.

Rios showed up at Yankee Stadium for last night's game in New York and saw his name in the starting lineup only to leave a few hours later. "I'd heard the rumours," Rios said. "Stuff happens, and I just have to move on." THE CANADIAN PRESS

MORE COVERAGE, PG 18

Stats and highs

- **Overall**: Seasons: 6; All-star teams: 2; Avg.: .285; HR: 81; SB: 112; Outfield Assists: 55
- **Career highs**: Avg: .302 ('06); HR: 24 ('07); SB: 32 ('08); Assists: 14 ('08)

TORSTAR NEWS SERVICE

Beauty pg 34

Plastic for a quick toe fix

Tim Hortons swallows coffee controversy

BITTER BEANS Tim Hortons is distancing itself from an upcoming Rhode Island event designed to "take a stand" against same-sex marriage.

Brochures for this Sunday's "Celebrate Marriage and Family Day" in Warwick, R.I., list the popular coffee-and-doughnut chain as one of its sponsors.

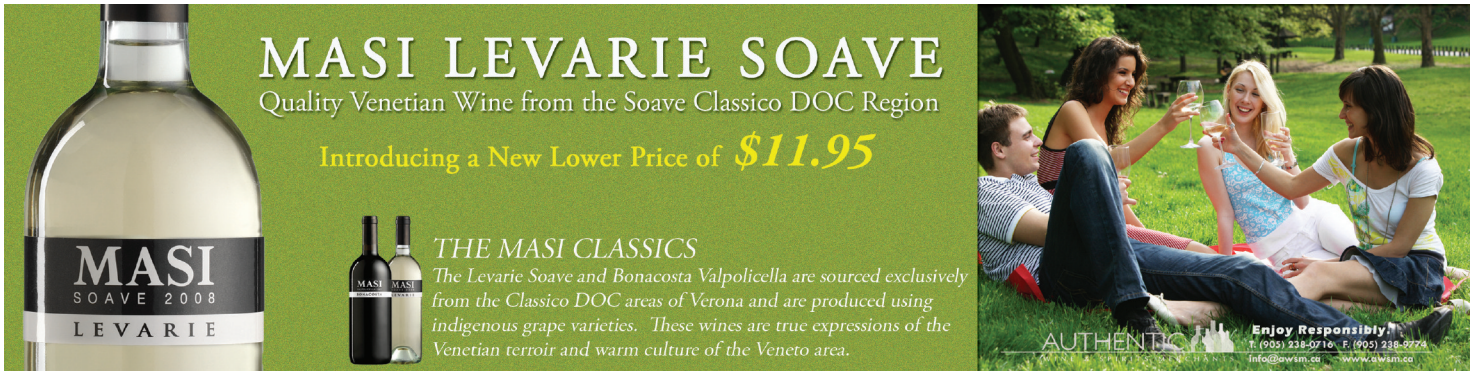
But a statement posted yesterday on Tim Hortons' website says the celebration — which includes an opportunity for married couples to renew their vows — falls outside its sponsorship guidelines, and the company would not be lending its support.

In the statement, Tim Hortons welcomes "all families and communities" to its restaurants and apologizes for any "misunderstanding or inconvenience" caused by the deal.

The weekend celebration is being put on by the National Organization for Marriage, which lobbies against same-sex marriage in the U.S.

Chris Plante, executive director of the NOM's Rhode Island chapter, says Tim Hortons had agreed to provide coffee for about 250 people.

He says he's surprised by the amount of online criticism the sponsorship generated. THE CANADIAN PRESS



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FIVE-STAR SAFETY RATING◊

G3 Wave 5-Door SE Model shown with CF5, D52 and PW8††

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Vibe GT model shown††

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G6 GT sedan model shown††

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Pontiac Vibe GT model shown, MSRP $26,070. Pontiac G6 GT Sedan shown, MSRP $29,585. ◊◊Based on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ◊/US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Pontiac Vibe received a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for Front and Rear Seat Occupants in the Side-Impact Crash Test. 2009 Pontiac G3 Wave received a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for Front and Rear Seat Occupants in the Side-Impact Crash Test. 2009 Pontiac G6 received a 5-star Rating for the driver and front passenger for the Frontal Crash Test and for Front Seat Occupants in the Side-Impact Crash Test. 2009 Pontiac G5 received a 5-star Rating for the driver and front passenger for the Frontal Crash Test and for Front Seat Occupants in the Side-Impact Crash Test. ΔBased on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ΔΔ1.4L 4-cyl. Ecotec engine with 5-speed manual transmission. Fuel consumption ratings based on preliminary Transport Canada data. Actual fuel consumption will vary based on driving habits and other factors. ΔΔΔBased on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ΔΔΔΔ2.4L 4-cyl. Ecotec engine with 4-speed automatic transmission. Fuel consumption ratings based on preliminary Transport Canada data. Actual fuel consumption will vary based on driving habits and other factors. ΔΔΔΔΔBased on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ΔΔΔΔΔΔ2.4L 4-cyl. Ecotec engine with 4-speed automatic transmission. Fuel consumption ratings based on preliminary Transport Canada data. Actual fuel consumption will vary based on driving habits and other factors. ‡0% purchase financing for 72 months available on the following 2009 models: Pontiac G6, G5, Torrent, Buick Allure, Lucerne. 0% purchase financing for 60 months available on the following 2009 models: Pontiac G5 XFE/SE/GT, Montana SV6. 0% purchase financing for 48 months available on the following 2009 models: Pontiac Solstice, GMC Canyon. 0% purchase financing for 36 months available on all other 2009 models except Pontiac Vibe, GMC Envoy, Acadia, Yukon, Buick Enclave, GH vans, GMT 560 family 2, 3 & T. Example: $10,000 at 0% for 36/48/60/72 months =, the monthly payment is $277.78/$208.33/$166.67/$138.89. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and term. Offer may not be combined with other offers. See your dealer for complete details. Offer applies to current owners/lessees of any GM vehicle, excluding 2009 MY and prior vehicles and Saturn, Saab, Hummer, Chevrolet Canada Limited and Daewoo vehicles. Dealer trade may be required. Offer may not be combined with other offers. See your dealer for complete details. ¥Plan is available to purchasers/lessees of a new GM vehicle. Plan includes 1 year of Safe and Sound Plan. Plan includes Automatic Crash Response, Stolen Vehicle Assistance, Roadside Assistance, Hands-Free Calling, Turn-by-Turn Navigation, Vehicle Diagnostics and Remote Door Unlock. Plan includes 4 GB of storage for music. Plan includes 1 year of Directions & Mapping. Plan includes 1 year of Destination Download. Plan includes 1 year of Real-Time Traffic Information. Plan includes 1 year of Concierge Service. Plan includes 1 year of Vehicle Diagnostic Reports. Plan includes 1 year of Wireless Service and Data Plan. Plan includes 1 year of Wireless Hotspot. Plan includes 1 year of Wireless Email. Plan includes 1 year of Wireless Music Service. Plan includes 1 year of Wireless Navigation. Plan includes 1 year of Wireless Voice Command. Plan includes 1 year of Wireless Weather. Plan includes 1 year of Wireless Stock Quotes. Plan includes 1 year of Wireless Sports. Plan includes 1 year of Wireless Traffic. Plan includes 1 year of Wireless Concierge. Plan includes 1 year of Wireless Diagnostics. Plan includes 1 year of Wireless Roadside Assistance. Plan includes 1 year of Wireless Stolen Vehicle Assistance. Plan includes 1 year of Wireless Automatic Crash Response. Plan includes 1 year of Wireless Hands-Free Calling. Plan includes 1 year of Wireless Turn-by-Turn Navigation. Plan includes 1 year of Wireless Vehicle Diagnostics. Plan includes 1 year of Wireless Remote Door Unlock. Plan includes 4 GB of storage for music

Mississauga drug developer gets U.S. licence
Cancer drug developer YM BioSciences Inc. of Mississauga has received a U.S. licence to further develop its nimotuzumab treatment for patients with solid tumour cancers in the United States. THE CANADIAN PRESS

Local

Danforth was very tasty

Preliminary estimates are that approximately 1.3 million to 1.4 million people attended this year's Taste of the Danforth Festival, which began Friday evening and ended Sunday. This is the highest level of attendance in the festival's 16-year history. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Comment

Paul Sullivan brings his West View on current Canadian events to Metro's pages

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WHAT'S ONLINE TODAY

Blogs Noel Butler of Oranges at Halftime — Canada's longest running soccer show — joins It's Called Football to discuss MLS expansion to Montreal.

Video Barack Obama criticizes those who think Canada makes "a good bogeyman" in U.S. health-care debate at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 3 4 6; **Ontario Pick 4:** 3 1 7 9
Encore: 7632393
Daily Keno: 6, 7, 8, 9, 16, 32, 34, 35, 37, 39, 40, 42, 43, 49, 50, 53, 57, 64, 67, 68.
These results are not official.

Door slams shut at Don

Event promotion company forced to cancel tours, special events

Anyone looking forward to cavorting with the spirits this Halloween at the Don Jail is going to be disappointed.

A partner at event planning company Slingshot Inc. announced yesterday that a run of special events and tours it had hoped to host at the historic facility will not happen.

The Don Jail is owned by Bridgepoint Health, and construction is to begin this fall to make it part of the adjacent hospital facility.

"We had a contract with Bridgepoint, signed by their CEO and vetted by their law firm … We left that meeting saying, 'Great, everything is a go,'" to hold corporate events and daily tours until the end of October, said Slingshot's Chris MacKechnie.

In a news release, MacKechnie said he believed Bridgepoint had "jumped the gun" and signed without the consent of the leaseholder, Ontario Realty Corp.

DAVID COOPER/TORSTAR NEWS SERVICE

People gather for a tour in the main gallery of the Don Jail earlier this year. As part of Doors Open Toronto, free tours were offered of the historic Don Jail, which opened in 1864.

That prompted ORC to put a stop to the events, MacKechnie said.

"I think there is an impression that ORC came in and cancelled the events," said ORC's Julia Sakas.

"That is definitely not the case. From our point of view, the licensing agreement was not in place."

On May 26, a day after the contract was to come into effect, MacKechnie said Bridgepoint told Slingshot that it could not use the facility to host events.

Meanwhile, MacKechnie said that close to 1,000 tickets for daily tours of the historic jailhouse, including "ghost tours," had been pre-sold, most during May's citywide Doors Open event. Bridgepoint is honouring those tickets.

TORSTAR NEWS SERVICE

News in brief

CHARITY A Canadian charity has lost its licence after auditors found most of the $184 million it recorded during one year as charitable donations had gone offshore to a Bermuda company. It's now unclear how much — if any — of donations to the Funds for Canada Foundation helped the many charities it purported to be assisting. The federal auditors pegged it at $1.3 million, though that number is in dispute.

TORSTAR NEWS SERVICE

Lever plant files for bankruptcy

WORKERS For 36 years, Jim Smith has reported to the old Lever Brothers soap factory at the foot of the Don Valley Parkway. For 14 months, a padlocked gate has kept him and more than 100 other striking workers outside.

Today, Smith and the other workers will dismantle the picket line and walk away from the now-bankrupt plant for good.

"We just know that factory. That's it."
Jim Smith, employee

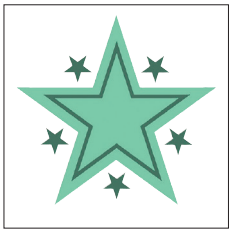
To where, he doesn't know.

"A lot of us have been trying to go out and get jobs, but we don't have much skills," said the 59-year-old. "We just know that factory. That's it."

The drawn-out strike ended yesterday after the plant's owner, Korex Don Valley, filed for bankruptcy, leaving the 110 remaining picketers searching for work.

Korex Don Valley owes upwards of $12 million, said Stephen Funtig, the trustee handling the receivership.

TORSTAR NEWS SERVICE



Police have released an image they say looks like the tattoo of the suspect who abducted and forced a woman to drive 14 hours from New Brunswick to Toronto Saturday.

Carjacking ends in Toronto after 18-hour ordeal

CRIME Marcia Simmons had promised to take her daughter camping this past weekend in Woodstock, N.B., just an hour west of their Fredericton-area home.

It was sure to be busy at the campground, so, without telling anyone, Simmons drove there early Saturday afternoon to stake out a spot.

And that's when an 18-hour ordeal began that left her stranded in Toronto the next morning.

"It was when she was pulling into the campground that the individual got into the back seat and said, 'You're taking me to Toronto," said Simmons's ex-husband, Jeff Watson, last night.

The carjacker, who identified himself as Jamie or James, is described as slim white male who appears to be in his early 20s. He is about 5-foot-8, has facial piercings and is clean shaven.

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Family sprayed during home invasion

A man disguised as a delivery man sprayed a woman and child with a noxious spray during a home invasion in Oakville yesterday. The man sprayed the woman and child with something similar to pepper spray, bound the woman and then ransacked the home. TORSTAR NEWS SERVICE

Google facing competition

Canpages to start capturing 360-degree images of Toronto streets

In a street fight for the 21st century, a Canadian company is taking aim at Google in a bid to beat the online behemoth in the digital battle for the boulevard.

Tomorrow, a small fleet of cars mounted with conspicuous rooftop cameras will hit Toronto's streets as Canpages Inc. captures 360-degree images for its online Street Scene application.

Similar to the Google Maps Street View feature, Canpages' Street Scene offers panoramic street-level images of city streets, allowing users to explore whole neighbourhoods with a few clicks of a mouse.

Canpages, a Vancouver-based online business and residential directory, has already captured images of Vancouver, Whistler and Squamish, B.C., and intends to roll its service across Canada in the coming months, starting with Toronto this week and Montreal later this month. The Toronto shoot will be over the next two weeks, but the company won't say where its vehicles will be at any particular time.

11 Google has been combing the streets of 11 Canadian cities, including Toronto, for several months, but won't say when its images will go live.

Unlike Google, Canpages will photograph only the downtown core and major commercial arteries in the GTA. It hopes to have its images of Toronto online by year's end.

Canpages has said users can have their business or home blurred out.

TORSTAR NEWS SERVICE

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Mayor David Miller, left, and Eric Gales, president of Microsoft Canada, chat with Krishan Newman, 15, at the opening of the ProTech Media Centre in Toronto.

NDP charges eHealth review never started

POLITICS The opposition parties are asking for answers amid revelations that a promised, and then cancelled, independent review of scandal-plagued eHealth Ontario never got underway.

Documents obtained by the New Democrats under Freedom of Information laws show no contract was ever signed for PriceWaterhouseCoopers to begin a third-party review of the agency.

eHealth

- A spokeswoman for eHealth confirms the review was never launched.

The government has said it cancelled the review because it would have duplicated efforts by Ontario's auditor general, who is also probing the agency.

NDP critic France Gelinas says the newly released documents show Premier Dalton McGuinty and the Liberal government never planned to go ahead with the independent report.

THE CANADIAN PRESS

JIM BRADFORD/FOR METRO TORONTO

The CN Tower was struck five times by lightning Sunday. It is struck by the bolts, on average, in the range of 75 times per year.

Learning from CN Tower strikes

WEATHER The clouds boiled with electricity, jagged strings of lightning streak to the ground.

Wrapped around the inside of the CN Tower and swaying slightly in the wind — a six-metre coil endured burst after burst of energy, recording each blow. Ali Hussein savoured the chaos.

For him, Sunday's storm meant one thing: Data.

Hussein and his colleagues are not insane. They study lightning.

And despite living in a city where storms like Sunday's are rare, they're at the forefront of their field. Turns out the CN Tower is a kind of laboratory — the perfect tool for recording lightning.

Two coils inside the tower's white cladding, 509 metres and 474 metres high, capture the current and direct it toward Hussein's equipment, which measures the strength and frequency of the flashes.

The tower was struck five times Sunday — all between 7:30 p.m. and 8:05 p.m. On average, it is hit 75 times per year.

TORSTAR NEWS SERVICE

Microsoft donates $750,000 to spark computer learning

MEDIA Jason Sinclair sees a new computer media centre as a place of hope along a dreary stretch of Eglinton Avenue.

"This kind of thing doesn't happen in our community," Sinclair said during yesterday's ceremony to unveil the lab, which has set up shop in the newly renovated Kennedy-Eglinton public library. "If Toronto is an audience, then ProTech Media Centre is the microphone to speak. Let's have our voices be heard."

"This kind of thing doesn't happen in our community."
Jason Sinclair

Sinclair, 26, drew loud cheers — upstaging the dignitaries on hand, including Microsoft Canada president Eric Gales and Toronto Mayor David Miller — with his passionately expressed desire that the centre help transform the area.

Funded in part from a $750,000 cash contribution plus software and technology from Microsoft, the centre will offer free courses and workshops for young people in the neighbourhood — everything from computer animation to web design.

TORSTAR NEWS SERVICE

News in brief

ATTACK Four suspects are being sought following what is being called a serious unprovoked aggravated assault in Vaughan Sunday night. Around 7 p.m., a man was walking in the Weston Road and Ashberry Boulevard area, north of Rutherford Road, when a car pulled up beside him and four men got out, said York Region police. Police said it is unclear why but the men began to beat the victim using various weapons. At least one of them used a pipe. Police are seeking witnesses to the incident. TORSTAR NEWS SERVICE

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Police seek missing lawn ornaments

Provincial police in central Ontario are looking for a few angels, a couple gargoyles and some thieves. Police say they have received several reports of lawn ornaments being stolen from homes in Grey County. THE CANADIAN PRESS

Canada

Gomery lends name to fringe party

John Gomery, left, the judge who headed the inquiry into the federal sponsorship scandal, is getting involved in Montreal municipal politics. Gomery, who retired from the bench two years ago, will not be a candidate for the fringe Projet Montreal, but will oversee the party's campaign financing leading up to the Nov. 1 election. In the last year, allegations of corruption have swirled around Montreal Mayor Gerald Tremblay's party. Gomery said yesterday it's time to clean up city hall. THE CANADIAN PRESS

Trade concerns downplayed

Americans are not shutting down trade with Canada: Obama

Barack Obama downplayed Canadian frustration over his country's so-called Buy American provisions yesterday, arguing that complaints about U.S. protectionism were over-the-top.

On a shared stage with Prime Minister Stephen Harper and Mexican President Felipe Calderon, the U.S. president said his country's controversial procurement rules came up at their Three Amigos summit.

Obama said Canada and the United States will seek freer trade among provinces, states and cities, but he dismissed the complaint frequently heard north of the border that Americans are shutting down trade.

"I want to assure you that your prime minister raises this every time we see each other," Obama told a news conference as the summit wrapped up.

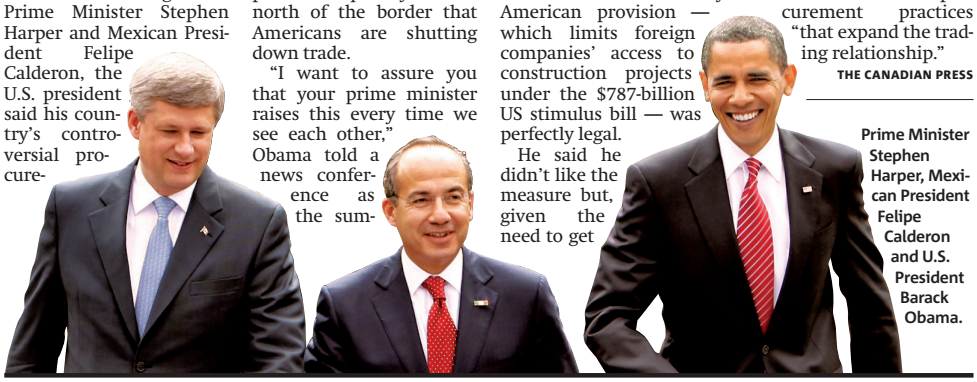
"(Harper) is expressing his country's concerns ... I think it's also important to keep it in perspective: We have not seen some sweeping steps towards protectionism."

Obama said the Buy American provision — which limits foreign companies' access to construction projects under the $787-billion US stimulus bill — was perfectly legal.

He said he didn't like the measure but, given the need to get stimulus money flowing, didn't feel it warranted a fight that could have stalled the bill in Congress.

As for future contracts, he suggested mechanisms could be adopted under which states, provinces and cities liberalize procurement practices "that expand the trading relationship."

THE CANADIAN PRESS



Prime Minister Stephen Harper, Mexican President Felipe Calderon and U.S. President Barack Obama.

Ottawa awards contract for 15 Chinook choppers

DEFENCE The Canadian military will receive 15 new Chinook helicopters to strengthen its ability to reach isolated regions and respond to disasters at home and abroad, the federal government announced yesterday after three years of delays.

Chicago-based aircraft giant Boeing was awarded a $1.2-billion contract to build the medium- to heavy-lift CH-147F Chinooks in a deal that has been eagerly anticipated by the Armed Forces since Ottawa first proposed it in 2006.

The project will also involve a 20-year, in-service support and maintenance contract valued at about $2.2 billion.

Defence Minister Peter MacKay said yesterday the choppers will have greater fuel capacity, allowing them to fly longer, and an upgraded electronic system.

THE CANADIAN PRESS

$1.2B

The value of the Chinook contract awarded to aircraft giant Boeing.

News in brief

HONOURS The military is recommending an overhaul of how it awards medals to simplify a system that has become "complicated" by different deployments under different mandates.

THE CANADIAN PRESS

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U.S. surveillance balloon not taking flight

A U.S. surveillance balloon won't be in the air for Saturday's planned "Moon the Balloon" protest in Sarnia. The blimp received a gash in its fabric during thunderstorms. About 1,400 people have joined a Facebook group in support of this weekend's protest over privacy concerns. THE CANADIAN PRESS

GEOFF HOWE/THE CANADIAN PRESS

James Fraser, 23, left, shields his face from the media yesterday while leaving court with his brother, David, in Saskatoon.

Guilty pleas in duck shootings

Three young men who filmed themselves gleefully blasting ducks out of a Saskatchewan pond and then posted the video on YouTube were fined thousands of dollars yesterday.

David Fraser, James Fraser and Jeremy Rowlands pleaded guilty in a Saskatoon court to breaking several federal and provincial wildlife laws in an incident that sparked widespread public outrage.

The video, which was shown in court, shows the men cheering each other on as at least two of them use rifles to shoot the ducks and ducklings.

Justice Doug Agnes called their actions "stupid, reckless and irresponsible," and fined the Frasers $5,000 each and Rowlands $6,000 and also ordered them to turn over the rifles.

The men stood side by side in court and apologized for their behaviour.

They pleaded guilty to unlawful hunting, hunting out of season, discharging a firearm from a vehicle and leaving edible game to be wasted.

The maximum penalty is $100,000 for the provincial offences and $300,000 under federal laws, with the possibility of six months jail time.

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Flaherty talks to China about banks

FINANCES Canada's banks are on display in China this week as Finance Minister Jim Flaherty tries to woo officials there. Flaherty told reporters from Beijing he hopes his visit will spur Chinese investment in Canada's resource and financial service sectors.

Flaherty

"What we're trying to do is show off the Canadian financial institutions so that they will be even more welcomed and accepted by the authorities in China," he said yesterday.

The China trip — Flaherty's second as finance minister — is meant to court the country's coveted market as exports slow to the United States, Canada's largest trading partner.

A battered housing market, weak consumer spending and massive government deficits threaten to keep the American economy, the world's biggest, on the skids for a while longer.

That will weaken growth prospects in all of America's trading partners, particularly Canada.

Enter China.

"China has a need for resources. China has … substantial U.S. dollar cash reserves," Flaherty said.

THE CANADIAN PRESS

News in brief

ISOTOPES Canadian clinics are still waiting for isotopes from Down Under. A fledgling Australian nuclear reactor isn't making enough isotopes yet to cover for a downed Canadian reactor that used to produce a third of the world's supply.

TRAGEDY Some of the family members of four elderly women killed in a head-on car collision say they doubt they will ever get over the loss of their loved ones. The families delivered emotional victim impact statements at a sentencing hearing yesterday in Chatham, Ont. THE CANADIAN PRESS

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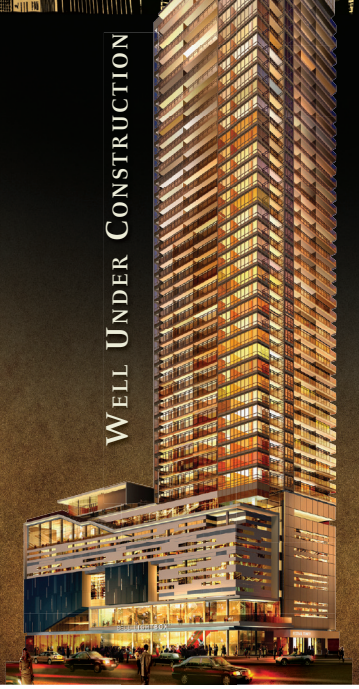

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Man dies after car lands in ditch

A southern Ontario man is dead after his car veered off the road into a ditch in Burford, Ont. A coroner pronounced Douglas Devereux, 37, of Paris, Ont., dead at the scene Saturday. THE CANADIAN PRESS

Marshall fondly remembered

Several hundred mourners gathered yesterday to remember the life of Donald Marshall, the man whose wrongful murder conviction uncovered glaring problems in Nova Scotia's justice system.

Marshall's funeral in Sydney was attended by judges, MPs and members of the Nova Scotia legislature.

Marshall died last week in hospital after complications linked to a double lung transplant six years ago. He was 55.

Marshall was sentenced to life in prison for the stabbing death of a friend in 1971, but maintained his innocence throughout his 11 years in prison.

His acquittal in 1983 became one of the first high-profile wrongful convictions in the country and led to a royal commission that brought sweeping changes to a justice system found to be plagued by incompetence and racism.

Chief Shawn Atleo also attended the funeral and brought condolences from the Assembly of First Nations.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Mourners walk to Membertou Memorial Cemetery yesterday for the burial of Donald Marshall in Merbertou, N.S.

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Weather aids firefighting efforts in B.C

BLAZE Fire officials in British Columbia say rain, cooler temperatures and fewer lightning storms are helping crews get the upper hand on wildfires.

B.C. Forest Service fire information officer Kim Steinbart says officials are optimistic now that some areas have seen significant precipitation and others have rain in the forecast.

Numbers

- According to the B.C. Forest Service, nearly 2,400 fires have been recorded in B.C. since April 1, spanning more than 1,100 square kilometres.

But Steinbart warns not all parts of the province will get rain, and with some of the larger fires, it will take 20 to 40 millimetres of rain before any impact is felt.

The Terrace Mountain fire, north of Kelowna, has kept 2,150 people out of their homes since the beginning of the month and another 2,500 remain on evacuation alert.

The fire is estimated to be about 90 square kilometres, and crews have the blaze about 40 per cent contained.

THE CANADIAN PRESS

News in brief

DRUNK GOLF A 60-year-old man in Owen Sound was found to be in the "warn" level while driving a golf cart last week and was subsequently issued a three-day licence suspension, provincial police said yesterday. The man ignored an officer, causing the officer to board the cart and give a roadside screening test.

PRAIRIE BRUINS A federal report that suggests there's no chance grizzly bears that once roamed the tall grass of the Prairies can be recovered in the region sends a sobering warning, says a group that is trying to protect the bruins. The Environment Canada report says the landscape of the southern Prairies has irreversibly changed. THE CANADIAN PRESS

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Comment

Tougher times for the Three Amigos

The Three Amigos are getting a bit testy, where the Mexican mini-summit revealed some friction.

Mexican President Felipe Calderon made clear his opposition to Stephen Harper's introduction of a visa requirement for Mexicans, saying it was bad for relations. U.S. President Barack Obama made it clear he was getting a little tired of Harper's complaints over how Buy American laws hurt Canadian exporters. He went on to say, in so many words, it was no big deal.

It may have been just an incidental slip but it was interesting how the U.S. president referred at the press conference to the Mexican leader as his "great friend" and Harper as his "good friend." He also went out of his way to compliment Calderon on his climate change efforts while not doing the same for the Canadian.

If there was friction among the Amigos it should come as no surprise. The days of a smooth functioning NAFTA agreement are over. With the advent of China, the days when Canada had few other good alternatives for trade than the United States are over. The 9/11 calamity has changed the dynamic at the border, perhaps permanently. As well, there is the deep American recession, which isn't helping the bilateral spirit. And with regards to Mexico, the immigration problem can't help but make things difficult.

For political purposes, Harper has to get along well with Obama because the U.S. president is so popular in Canada. But on an issue-by-issue basis, on a political philosophy basis and on a personality basis the two men cannot be expected to find the going too easy. On the thickening of the border issue as well as the Buy American issue, there was no signal yesterday that Obama would be doing Canada any favours. At the end of the press conference, sensing perhaps a need to leave on a nice note, Harper went out of his way to compliment Obama on his handling of the leadership crisis in Honduras.

That was smart. On Mexico, however, he clearly made a misstep in his timing of the announcement — shortly before this summit — of the visa requirement. Though the PM's position is perhaps defensible, he should have known how his timing would only showcase the controversy. It did — and led to Harper, in order to ease the tensions, having to announce that the whole matter was Canada's fault.

With the U.S. and with Mexico, these aren't easy times for Ottawa. But Canadians should get used to it. It's a new era. Given the changing dynamic on the continent, the Three Amigos billing is Pollyannaish.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Problems with refugee system are many

Martin Collacott

Immigration Minister Jason Kenney was absolutely right when he imposed visa requirements on visitors from the Czech Republic and Mexico. Canada was being pummelled with thousands of Czech and Mexican refugee claimants that virtually no other country would allow to make claims.

Prime Minister Stephen Harper was equally correct when he told Mexican President Felipe Calderon that the reason why visas had become necessary was because Canada's refugee system encouraged bogus claims and had to be changed.

It has been clear since the current refugee determination was put in place nearly two decades ago that it is highly dysfunctional. While the auditor general of Canada, among others, has documented its shortcomings in detail, no one has been prepared to take on the powerful Canadian refugee lobby, which keeps insisting that we are far too stingy when it comes to accepting those seeking asylum.

We are the most generous country in welcoming refugees. We accept 50 per cent of those who make claims in Canada (compared to an average of 12 to 15 per cent for other Western countries) and on a per capita basis we grant refugee status to four or five times the number that others do. We also provide the most generous package of benefits — which makes us a highly attractive destination for asylum shoppers.

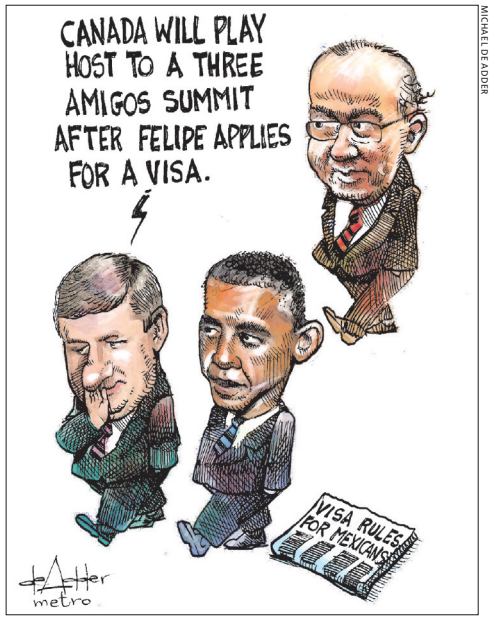
The problems with the current system are many. To begin with, we allow far too many people to make claims, thus clogging the system and slowing down the processing of claims that have merit.

We also need to reduce the multitude of appeals and reviews available to failed claimants to a single substantive reappraisal of their case. Under the current system they are able to avoid removal for years and even decades by means of serial reviews and appeals.

Whether the government will be able to make any substantive changes to refugee policy remains to be seen.

Canadians, however, are increasingly aware that the refugee system is badly in need of a complete overhaul and those who try to block it could well pay a price in terms of electoral support.

Martin Collacott is a senior fellow at the Fraser Institute in Vancouver and former Canadian ambassador in Asia and the Middle East.



MICHAEL DE ADDER

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Plane involved in Hudson River collision located

A New Jersey state police official said divers have found the wreckage of a plane that collided with a sightseeing helicopter over the Hudson River Saturday. Lt. Albert Ponenti said yesterday the single-engine Piper was found in 15 metres of water. THE ASSOCIATED PRESS

World

Run-off a possibility in Afghan vote

A new poll of Afghan voters shows President Hamid Karzai with a big lead just 10 days before the country's presidential election, but not by a margin enough to avoid a run-off. Karzai has the support of 45 per cent of those surveyed. His closest competitor, former foreign minister Abdullah Abdullah, left, has 25 per cent. If no candidate gets more than 50 per cent of the vote in the Aug. 20 election, the top two finishers go to a run-off. THE ASSOCIATED PRESS

Two powerful quakes rattle Asia

TREMORS A powerful earthquake with a preliminary magnitude of 6.6 hit Tokyo and nearby areas shortly after dawn yesterday, halting trains and forcing two nuclear reactors to be shut down for safety checks. There were no immediate reports of serious damages or injury.

The U.S. Geological Survey said another, unrelated quake with a 7.6 magnitude hit the Indian Ocean about 257 kilometres north of India's Andaman Islands. A tsunami watch was called for India, Myanmar, Indonesia, Thailand and Bangladesh. But the caution was lifted without any tsunami being recorded.

Japan's Meteorological Agency also issued a tsunami warning from the Japanese tremor, which centred southwest of Tokyo. The warning was also later lifted. THE ASSOCIATED PRESS

Debate getting ugly

Obama launches U.S. health-care 'reality check'

The White House is attempting to fight back this week against the well-organized foes of its health-care reform plans who have angrily disrupted town hall meetings and suggested U.S. President Barack Obama wants to do away with the sick and elderly to save money.

The Obama administration launched a "Reality Check" link on the White House website yesterday, featuring prominent members of the presidential team debunking what it considers grotesque distortions of their health-care reform plans.

The launch came just hours before Obama discussed his health-care battles — and Canada's role as the "bogeyman" in an increasingly raucous debate — as he met in Guadalajara, Mexico, with Prime Minister Stephen Harper and Mexican President Felipe Calderon.

"I don't find Canadians particularly scary, but I guess some of the opponents of (health-care) reform think they make a good bogeyman."
U.S. President Barack Obama

"I suspect that you Canadians will continue to get dragged in by those who oppose reform — even though I've said nothing about Canadian health-care reform," Obama said.

"I don't find Canadians particularly scary, but I guess some of the opponents of reform think they make a good bogeyman."

The new White House website is aimed at shooing away all manner of bogeymen. Among them: The notion the plan promotes euthanasia to cut health-care costs, a frequent accusation levelled by top Republicans in recent weeks.

The claim — called a "malicious myth" by the White House — stems from a provision that provides Medicare coverage for an end-of-life consultation every five years if requested.

Former Alaska governor Sarah Palin took to Facebook late last week to call Obama's plans "downright evil." THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Two men float a dog and supplies yesterday through flooded streets of Pingtung county in Taiwan.

Typhoon spawns deadly mudslide

TAIWAN A typhoon-triggered mudslide engulfed a mountain village in southern Taiwan, burying up to 600 people, a police official and a rescued villager said yesterday. Typhoon Morakot dumped up to two metres of rain on some communities over the weekend before moving on to China, where it forced the evacuation of nearly one million people along the east coast.

Earlier it struck the Philippines, leaving at least 22 dead. It has now been downgraded to a tropical storm. Speaking to The Associated Press, a Taiwanese police official said about 400 people were still unaccounted for after Sunday morning's mudslide in Shiao Lin village. He said about 100 people were rescued by military helicopter or avoided the slide. THE ASSOCIATED PRESS

Pirates abandon Italian ship, free sailors

Sixteen sailors whose tug was seized by Somali pirates four months ago are free after the pirates abandoned the ship, authorities said yesterday. THE ASSOCIATED PRESS

Pakistan worried over al-Qaida, Taliban link

Pakistan is worried that al-Qaida is trying to install its own "chief terrorist" as the head of Pakistan's Taliban following the apparent killing of the group's leader in a CIA missile strike, a top official said yesterday.

Meanwhile, one of the militants believed to be a potential successor phoned The Associated Press to dispel reports that he was killed during a clash among those vying to lead the group. The militant, Hakimullah, insisted once again that Pakistani Taliban chief Baitullah Mehsud was alive and said the insurgent group remained united.

Interior Minister Rehman Malik told BBC radio that all the "credible information" points to Mehsud having died in last Wednesday's missile attack. The Pakistan Taliban appear in disarray, Malik said.

"It will take some time for them to regroup," Malik said. "The other thing which is a bit worrying is that al-Qaida is getting grouped in the same place, and now they are trying to find out somebody to install him as the leader, as the chief terrorist, in that area."

Malik said Pakistan was taking "all those measures which are necessary" to respond to the scenario.

ISHTIAQ MEHSUD/THE ASSOCIATED PRESS

In this file photo, Pakistani Taliban deputy Hakimullah is flanked by his comrades in Orakzai tribal region of Pakistan. Hakimullah insists that Pakistani Taliban chief Baitullah Mehsud was alive despite reports of his death in a CIA drone strike last week.

The 30-something Mehsud grew in power largely because of his links to the predominantly Arab terror network, analysts say. Mehsud and his deputies controlled swaths of Pakistan's tribal belt along the Afghan border, a region where al-Qaida chief Osama bin Laden is rumoured to be hiding. THE ASSOCIATED PRESS

Ahmadinejad continues purge amid criticism

IranCrisis

PLOT Iranian President Mahmoud Ahmadinejad has fired at least four senior Intelligence Ministry figures in a purge targeting officials who disagreed with the crackdown on the opposition after June's disputed presidential election, lawmakers and media said yesterday.

The dismissals came after Ahmadinejad fired his intelligence minister, Gholam Hossein Mohseni Ejehi, late last month and marked a strengthening of the president's hold on the powerful ministry.

Ahmadinejad has served as temporary caretaker of the ministry pending the formation of his new government, expected within days.

Iran is holding its biggest political trial in decades, trying around 100 people — including many top politicians from the pro-reform opposition — on charges they plotted to overthrow the government through a "velvet revolution" using massive street protests following the June 12 election. Several top defendants have made televised confessions to the plot during the trial. The opposition says the confessions were forced.

In the purge, four deputy intelligence ministers were removed because they didn't support the government's claims of a "velvet revolution" plot, Hasan Younesi, son of former intelligence minister Ali Younesi, said in a statement on his personal website. Ali Younesi served as minister during the 1997-2006 pro-reform administration, and both he and his son maintain close links with the intelligence community.

"Ahmadinejad has effectively taken command of the country's most important security body and is settling scores," Hasan Younesi said.

THE ASSOCIATED PRESS

News in brief

CONGO U.S. Secretary of State Hillary Rodham Clinton promoted democracy in the war-devastated country of Congo yesterday and drew attention to an epidemic of sexual assaults in its violence-torn east. While in the Congolese capital, Clinton visited a hospital founded by former NBA star Dikembe Mutumbo, a Congolese native, and held a town hall meeting. Today, she plans to go to Goma where she will meet victims of rapes and other sexual crimes committed by the military and rebel groups, many of which are fighting over the region's vast mineral wealth.

RUSSIA An activist says the head of an aid group in Chechnya and her husband have been abducted. Alexander Cherkasov of the Memorial rights group says the abductors entered the office of Zarema Sadulayeva in Chechnya's capital of Grozny and drove away with her and her husband yesterday. The abduction of Sadulayeva follows the death of prominent rights activist Natalya Estemirova, whose body was found hours after her abduction in Grozny.

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McDonald's sales climb in downturn

McDonald's Corp. said yesterday its same-store sales climbed 4.3 per cent in July, as the United States' biggest hamburger chain benefited from budget-conscious consumers during the recession. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 91.85¢	US $2.645	US $70.63	10,793.67
US .55¢	US 1.140¢	US .33¢	91.66

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

If you watch TV, you're going to pay more this fall

Stay tuned folks: Watching television is about to get more expensive — again.

Cable and satellite bills are set to rise this fall as those TV service providers begin collecting a mandatory new fee to subsidize local television stations in small markets across Canada.

Cable giant Rogers Communications Inc. is sending a strongly worded letter to customers warning them to expect a new charge worth 1.5 per cent of their recurring TV monthly service fee starting in September. The cost relates to the Local Programming Improvement Fund, created by the Canadian Radio-television and Telecommunications Commission to subsidize stations in markets of less than one million people.

1.5%
Roger's Communications Inc. is charging 1.5% of its recurring TV monthly service fee dubbed the CRTC LPIF fee.

Rogers will dub it the "CRTC LPIF fee" on its invoices. That not-so-subtle tactic comes as the industry prepares for upcoming CRTC hearings on the contentious fee-for-carriage issue, which could further inflate bills by about $6.50 a month in Toronto.

"The message is: You should be vigilant, consumers, about how much governments are imposing on you," Rogers' vice-chair Phil Lind said yesterday.

The new fee marks the second fee hike for Rogers' customers in 2009. In March, Rogers raised prices on several cable packages.

TORSTAR NEWS SERVICE

Nortel CEO at 'logical departure point'

TELECOM Insolvent technology giant Nortel Networks Corp. is bidding farewell to its chief executive officer Mike Zafirovski in a sudden departure that comes as the company winds down operations and sells off prized assets.

Zafirovski, 55, a former senior executive of Motorola Corp. who was brought to Nortel in 2005 amid much fanfare and hopes of revitalizing the telecom company, is leaving immediately as president and CEO.

Mike Zafirovski

Nortel, a global telecom network vendor, once Canada's most valuable company, is in the midst of selling off its key assets after seeking bankruptcy protection in Canada and the United States in January.

It said yesterday in a separate announcement second-quarter revenue fell by 25 per cent and its loss more than doubled, to $274 million US.

Zafirovski said in a release he believes Nortel is stabilizing its business, while also recently completing the sale of its wireless division, and scheduling other asset sales under bankruptcy protection.

"We've reached a logical departure point," said departing director Harry Pearce. "Mike made a commitment to see the process through the stabilization of the company, sale of its largest assets and the right plans and people to continue operating our business and serving customers. He has done so."

THE CANADIAN PRESS

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Downgrade from analyst sends RIM shares tumbling

WIRELESS Research in Motion shares tumbled four per cent yesterday after a UBS analyst downgraded the BlackBerry maker's stock to "Neutral" from "Buy" on price valuation.

Shares were off $3.60 to $80.01 on the Toronto Stock Exchange.

Phillip Huang wrote in a report the company could face "potential headwinds in the back half of the calendar year," from a potential partnership between Verizon Wireless and Apple's iPhone. AT&T is presently the exclusive authorized carrier of the iPhone in the United States, whereas RIM has agreements with several major U.S. carriers including both AT&T and Verizon.

Huang also noted a possibility RIM shares could rise if investors react positively to the company's current quarter. THE CANADIAN PRESS

More companies turn to feds in first quarter of '09

ECONOMY A record number of businesses went to the Business Development Bank of Canada for loans during the first quarter of the Crown corporation's current financial year.

The total dollar amount of the bank's loans jumped 37 per cent to just more than $1 billion in the first quarter ended June 30, BDC announced yesterday.

That's up from $738 million in the same period last year — and it's the largest quarterly increase in Business Development Bank's history.

"Right across the country, our teams have worked flat out to help entrepreneurs put together the financing they need to develop their businesses."
Edmee Metivier, BDC executive

The BDC says the amount of loan applications it accepted in the month of June alone was 57 per cent higher than the same month last year.

Economies around the world have been battered by a banking crisis, a crumbling housing market and a credit crunch that has dried up pools of capital for lending.

In January, the federal government set aside $5 billion for a program that lends money to businesses whose access to financing would otherwise be restricted.

Industry Minister Tony Clement said yesterday the increase in BDC loans shows the program is working.

"Today's result shows that the stimulus our government is making available is doing exactly what it was intended to — creating jobs and saving businesses in Canada during this global recession," he said in a statement.

The BDC says loans were up across the country, with every region posting an increase.

"Right across the country, our teams have worked flat out to help entrepreneurs put together the financing they need to develop their businesses," said BDC executive Edmee Metivier.

"These results were achieved by working closely with our colleagues from private sector financial institutions to ensure viable enterprises have access to the financing they need to keep growing." THE CANADIAN PRESS

Business in brief

WORLD MARKETS Asian stock markets were mostly higher yesterday as better-than-expected news about U.S. job losses and Japan's business spending kindled hopes the world's two largest economies were recovering. European markets fell. Tokyo and Hong Kong benchmarks helped lead the region's advance on the heels of a rally on Wall Street Friday, closing at their highest points in at least 10 months. In Europe, Britain's FTSE 100 lost 0.5 per cent, and major benchmarks in Germany and France declined about 0.7 per cent each. U.S. stock index futures were slightly lower, suggesting a lower opening on Wall Street yesterday. Dow futures were down just two points at 9,323.

THE CANADIAN PRESS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Deciding to flip?

AlisonOnMoney

Alison's Money Rule:

- Don't turn a property flip into a flop by ignoring the basic rules of real estate. Location, condition and neighbourhood comparisons rule profits.

It's the four letter F-word all over again. Flip. Not flip as in flipping the bird, but flip as in quick and easy bucks in real estate.

After more than a year of doom and gloom on the property pages, repressed editors are now positively shrieking with glee whenever they can report a return to bidding wars.

Real estate bidding wars belong to the post-tech-bust world and an anything-but-the-stock-market attitude to investing. With that trend came a wave of flippers — and half a dozen real estate shows to pump them up. I don't recommend flipping as a wealth generating tactic for the average person because neophyte flippers also often forget to factor in costs such as land transfer taxes and capital gains.

But if you are determined to try your hand as a property mogul, pay attention to the three basics.

Location still rules. In major centres, focus on areas close to transit, schools, parks and services. But choose neighbourhoods a little on the fringe. If real estate zooms, they will be the target of buyers who can't afford the primo addresses.

Condition is critical. Do a thorough assessment of the big buck items; roof, insulation, furnace, exterior drainage, foundation and evidence of termites or carpenter ants. Such things cannot be covered up with a coat of paint.

Do your comparison shopping. A well-known adage in the real estate business says don't buy the best house on the block. This is especially true in areas that are on the verge of up and coming yet still have a large stock of modest homes.

If you intend to buy and hold, it's a different story. Over time neighbourhoods are discovered, big ticket repairs can be amortized and humble abodes catch up to the mansion on the corner.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Look on the bright side

MoneyMatters

Q I am a single male in his early 30s. I am deeply troubled about the impact this recession may have on my job and lifestyle. My income is fixed with very little savings. I constantly read about all the layoffs. Should I have a more optimistic approach?

— Dale, B.C.

A The media does a great job reporting bad news because it's what many tune in for. What's more interesting: "100 families lose jobs, homes, must live in homeless shelters" or "Mom buys new mini-van to drive kids to dance class"?

Personally, I see the glass as half full. However, optimism is not a bubble that is oblivious to world economic issues. This may be an opportunity to look closer at your work ethic, organize priorities and formulate a contingency plan.

Individuals cannot eliminate the anxiety of losing a job, or how to pay next month's mortgage, but can take steps to manage stress: Sit back and take inventory. Create a budget or review your monthly cash flow. Be objective and cut unnecessary expenses. Start a savings account for rainy days and take a sincere interest in your job.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Write to Henry

- How are you or your business managing in these economic times? Please email choochonghcga@yahoo.ca

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Investing

Allan Small discusses how long can the rally in North American markets last. Visit metronews.ca/investing

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Student ¢ents

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If you don't have enough money to pay your credit card balance, pay what you can, early. The interest charged on your next statement will be based on a smaller outstanding balance. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Graduate in the black

But financial planning key to ensure future success

BRIAN COULTON
for Metro Canada

It can be a period of firsts for students graduating high school, including their first time living away from home and attending college or university. But what many students aren't prepared for is the first time they have to manage their own finances.

A survey of Ontario students aged 14 to 18 conducted by the Investor Education Fund, an Ontario Securities Commission initiative to help people properly use financial information, found that less than half of those surveyed knew how to create a budget, and just 38 per cent felt prepared to manage their money after high school.

"Money management skills directly affect a person's ability to meet financial needs in the future," said Perry Quinton, the fund's Toronto-based vice-president. So, whether it's buying a home, vehicle or business in the future, poor financial decisions today can compromise those abilities tomorrow. "When you're at this stage, the money's there and it's about spending it. You don't really think of the long-term consequences," she said.

And while post-secondary students popularly enter debt because of student loans and credit cards, Murray Baker believes it is possible to graduate in the black.

For students to balance their budgets, the Vancouver-based author of The Debt-Free Graduate recommends creating a "road map" for the year, detailing when they will receive income from student loans, savings and summer jobs.

"You can look ahead and say, 'It looks like I'm going to be short this month.' Then you can take steps ahead of time," he said. "That leaves it a lot less stressful for students and gives them time to focus on their academics."

"Money management skills directly affect a person's ability to meet financial needs in the future." Perry Quinton

With a little planning, you don't have to end up overwhelmed by debt after you graduate.

For students who must borrow money to cover expenses, Murray suggests considering a credit card only as a last resort, and obtaining student loans first. "Student loans are the best option, not only because the interest rate is regulated by the government, but if you run into difficulty paying off the loan later on, there are a lot of mechanisms for student relief."

But credit cards can help students with those aforementioned long-term goals, said Elena Jara, education co-ordinator for non-profit credit counselling agency Credit Canada. However, she suggests starting small so students aren't tempted to get too deep into debt and generate an adverse effect.

"If they're working part time and get a credit card with a very small credit limit — maybe $300 to $500 — this will allow them to, within time, build a credit rating and learn to manage that credit card well."

Tips to avoid a rainy day

Statistics Canada estimates the average university student paid $4,724 in tuition last year, and the associated costs of school go far beyond protractors and erasers.

Financial and insurance experts offer the following tips students and their families can take to lower potential expenditures:

• Students who are away at school and are living outside the family home temporarily are usually still covered for up to $10,000 in belongings by their parents' home insurance policy. In most cases, this will negate the need for their own tenant policy. However, students who sign a lease should obtain their own tenant policy for insurance of belongings and personal liability on the rented premises.

• For students who need their own policy, tenant insurance can be had for as low as $100 for the year. And while many think they don't have much to protect, consider this: Just the cost of replacing your entire wardrobe could amount to thousands of dollars.

• Some auto insurance companies offer discounts to customers who have children attending school away from home. In some provinces, families can save as much as 50 per cent in secondary driver insurance costs. NEWS CANADA

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Cherepanov case reopened

Russian prosecutors will reopen the investigation into the death of New York Rangers draft pick Alexei Cherepanov, who collapsed during a Continental Hockey League game last year in Russia. An Investigative Committee ruled last month that team doctors were not to blame for Cherepanov's death and would face no charges. METRO NEWS SERVICES

Sports

'Canes sue artist

The Carolina Hurricanes are suing a Raleigh hip-hop artist who produced a song promoting the franchise, saying the man has violated team trademarks. The federal lawsuit accuses Tyrone Banks of misusing trademarks by referring to the tune as "the official Carolina Hurricanes song" and wearing a Hurricanes jersey in promotional material. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Pogge dealt to Ducks for pick; Maple Leafs sign MacDonald

HOCKEY The Toronto Maple Leafs traded goaltender Justin Pogge to the Anaheim Ducks yesterday for a conditional draft pick in 2011.

Pogge had one win in seven appearances and a 4.35 goals-against average with the Leafs last season.

He spent most of the season with the American Hockey League's Toronto Marlies, posting 26 wins and a 2.70 GAA in 53 games while leading the team to the North Division semifinals, where Toronto lost to Manitoba in six games.

Drafted 90th overall by the Leafs in 2004, the 23-year-old native of Fort McMurray, Alta., was once expected to be Toronto's future netminder.

But the Leafs' signing of Swedish free-agent goalie Jonas Gustavsson in July left Pogge out of the picture in Toronto.

The Leafs also signed free-agent goalie Joey MacDonald to a one-year contract yesterday.

"We are pleased to be able to add a goaltender of Joey's calibre to our roster," general manager Brian Burke said in a statement. "He brings experience and character to our organization and gives us depth at the goaltending position."

MacDonald, 29, of Pictou, N.S., posted a 14-26-6 record, 3.37 goal-against average and .901 save percentage in 49 games with the New York Islanders last season.

He has appeared in 66 career NHL games with the Islanders, Boston and Detroit, accumulating a 17-34-9 record, 3.31 GAA and .900 save percentage.

THE CANADIAN PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

Yankees catcher Jose Molina, left, watches along with Toronto's Lyle Overbay who hit a fifth-inning solo home run last night at Yankee Stadium. The Blue Jays beat New York 5-4.

Jays end Yanks' streak

Lyle Overbay and Aaron Hill hit solo homers and the Toronto Blue Jays bullpen shut down the high-powered New York offence in a 5-4 victory last night that snapped the Yankees' seven-game winning streak.

Overbay drove in two runs, and Edwin Encarnacion and Joe Inglett also drove in runs for the Blue Jays, who played an inspired game about 30 minutes after learning that teammate Alex Rios had been claimed off waivers by the Chicago White Sox.

Shawn Camp (1-5) picked up the win in relief of ineffective starter Marc Rzepczynski, who allowed three homers and didn't make it out of the fourth. THE ASSOCIATED PRESS

MLB RESULTS

Toronto 5 New York 4

AT

Charges overblown, cabbie's lawyer says

BUFFALO The lawyer for a cab driver who says he was beaten up by Chicago Blackhawks star Patrick Kane and his cousin over pocket change said yesterday that the incident had been blown out of proportion.

Lawyer Andrew LoTempio told WGN radio in Chicago he thinks both sides "should be able to work things out."

Kane and his cousin were charged with felony robbery and misdemeanour counts of theft and criminal mischief. Patrick Kane pleaded not guilty Sunday, the same day of the alleged attack.

LoTempio says it is customary for some Buffalo cab drivers to lock the doors of their vehicles with the passengers inside. He says they do that if they think they might be stiffed on their fare.

The lawyer did not return a call seeking additional comment.

THE ASSOCIATED PRESS

Cover boy

- Kane will be on the cover of EA Sports' NHL 2010 video game, slated for release next month.

Sports in brief

TENNIS Frederic Niemeyer of Deauville, Que., scored a 7-5, 6-1 victory over world No. 39 Igor Kunitsyn in the first round of the $3 million US Rogers Cup at Uniprix Stadium yesterday. Niemeyer, ranked 487th in the world, will next face Wimbledon champion and world No. 1 Roger Federer.

FORMULA ONE Seven-time Formula One champion Michael Schumacher plans to test drive his 2007 Ferrari race car again today and tomorrow as he prepares for his comeback later this month. Rules prohibit Schumacher from testing the team's current model.

COYOTES Judge Redfield T. Baum will today lay out a schedule to deal with the steps and inevitable complications involved in the Sept. 10 of the Phoenix Coyotes.

BASEBALL Aaron Boone is back playing baseball, appearing in a minor league game in Texas less than five months after open-heart surgery. Boone batted second last night for the Corpus Christi Hooks, a double-A affiliate of the Houston Astros. METRO NEWS SERVICES

Noel Butler of Oranges at Halftime joins It's Called Football this week. Watch at : metronews.ca/blogs

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Back to school

Pgs 20-25

With everything from dorm room decor to planning your study habits, there's plenty to smile about during this school year.

Success rate

Pg 26

Centennial's tourism and travel program a hit.

New study

Pg 27

Do children eat more while watching television?

On set

Pg 28

Ryerson film grad Zack Bernbaum's work gets premiere.

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From left: SLÄTTHULT Frames decoration stickers, $16.99; NILS dining armchair with cover in Eslöv black/white, $139, and HEMNES daybed with 3 drawers in white, $499.99. All available at Ikea, ikea.ca

Home away from home

JANINE FALCON
for Metro Canada

For many students, back-to-school prep time brings happy thoughts of adding personality to a dorm room or a first home away from home.

Metro tapped three design experts (and Cityline regulars) for tips on smart, budget-friendly choices for student living.

Whether you're dormitory-bound or setting up your OC (off-campus) pad, "avoid white sheets and towels," advises Arren Williams (arrenwilliams.com). "White doesn't stay white for long, so go for colour, and consider easy-care cotton-poly blends for bedding."

Colourful pillows, laundry hampers, kitchenware, lamps and other accessories are also easy ways to put your stamp on a space. And don't forget to add plants — green is a colour, too.

For inexpensive furnishings, Williams likes Value Village and Goodwill. "You might find a $4 or $5 chair or table you can easily spray paint fuchsia or royal blue for a funky, Three's Company vintage look."

Tamara Robbins Griffith, design and PR specialist for Ikea, stresses the importance of multi-functional pieces for small spaces. "For example, upholstered dining chairs can serve as extra seating in the living room when you're entertaining, and bookshelves can function as zone dividers," she says. Daybeds take on daytime sofa duties as well as offer storage underneath, and drop-leaf tables expand for guests.

To get away from posters taped to the wall, Griffith suggests multiple sizes of picture frames in the same finish for striking vignettes. If holes in the walls are a no-no, removeable decals can safely turn a boring surface into a feature.

Clockwise, from top right: Assorted bath towels, $3.50 each at Wal-Mart, walmart.ca; 10" Schefflera Arboricola green plant, $16.88 at Home Depot, homedepot.ca; and PC Ottoman, $49.99 at Loblaws and SuperCentres, pc.ca.

Interior designer Karen Sealy (sealydesign inc.com) makes a sage point: "Young women want clothing storage; guys like storage for snacks."

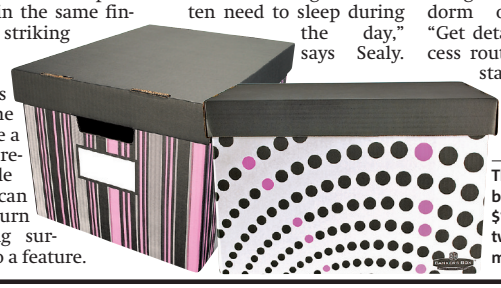
Storage ottomans and extra shelving are easy solutions for both genders, says Sealy, who, along with Williams, recently put a Hershey's milk-chocolate-inspired small-spaces design spin on a suite at Toronto's Delta Chelsea Hotel.

Blackout curtains or drapery panels to add to existing window coverings will come in handy, too. "Students tend to work late into the night and often need to sleep during the day," says Sealy.

These corkboards are $9 each at Wal-Mart, walmart.ca, while the Debbie Travis Woven PVC Hamper below is available for $24.99 at Canadian Tire.

She suggests garage sales as sources of bargain-priced items, but says that more than deals, look for durable pieces to take you through your entire school career.

Of course, more important than the pieces you buy is whether you can get them into your dorm or apartment. "Get details on your access routes — doorway, stairwell or elevator measurements," says Sealy.



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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

Change in goals can reduce cheating

A recognized expert on student cheating has a lesson plan of his own for schools looking to curtail the practice in the classroom — encourage more focus on learning material, less on grades.

Eric Anderman, professor of educational psychology at Ohio State University, discussed the issue of academic dishonesty and the latest research on cheating in schools in his presidential address to the annual meeting of the American Psychological Association in Toronto recently.

Anderman said much of the reason student cheating is so extensive is that schools place an emphasis on testing, assessment and ultimately performance-based results focused on getting the best grades and scoring highly on tests, which causes a lot of anxiety and stress for students.

"Research that I have done and some of my colleagues (have done has) shown that if you focus in classrooms on intrinsic learning, on learning really for the sake of learning and really get kids involved in long-term projects, in-depth kinds of tasks, they're going to learn the material, they're going to learn it well," said Anderman, a former public school teacher.

"They're going to maintain their interest and motivation for the material, and at the same time they'll still do fine on the test, but they won't get all stressed about the test."

When it comes to motivational predictors of cheating, Anderman said when students believe that the teacher's goal is to have them learn and understand materials and appreciate what they're learning, it's proven consistently in research that cheating is much less likely to happen.

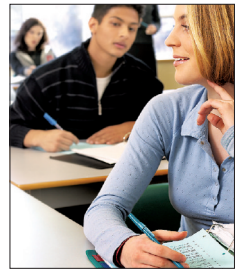
Anderman suggests one strategy for teachers is to ask students to do more creative things when it comes to assignments. If they have to write a term paper, teachers could have students earn credit as they go through different phases, like the outline or the rough draft.

"If I focus on the processes and building their confidence as a writer and structuring it differently, then I'm setting things in place that are going to prevent many students from cheating and prevent them from wanting to and needing to do that."

Jonathan Teghtmeyer, executive staff officer of the Alberta Teachers' Association, said he couldn't argue against Anderman's findings.

"It seems reasonable that students might want to or may find themselves cheating to get an advantage," he said. "It's unacceptable, but the logical conclusion is there."

Teghtmeyer, who taught high school math, said he tried to emphasize with students as much as possible that their long-term success depended on their understanding of the material and their ability to use what they learned in authentic and meaningful ways.



Changing the focus to learning instead of on grades can reduce cheating, an expert says.

Earlier this year, the Alberta government passed a motion to examine standardized testing of Grade 3 students. The motion, put forward by Conservative member Genia Leskiw, a former teacher, called on the province to get rid of testing for students in the grade level in favour of a less formal or more random assessment.

Ken Coran, president of the Ontario Secondary School Teachers' Federation, said he believes in the idea of educating the person as a whole as opposed to standardized testing.

But Coran also noted there needs to be cognizance of the reality of the world around students — one in which there is competition and reliance on marks for certain aspects of education, such as getting into college or university or qualifying for scholarships or academic awards.

"Very much our whole society is geared to competition and excelling in certain aspects of different criteria," he said. "So it's very honourable to say, yes, let's do exactly what (Anderman has) professed, but it's going to require such a long-term strategy to de-emphasize the competitive nature. That's not something that's going to change overnight."

THE CANADIAN PRESS

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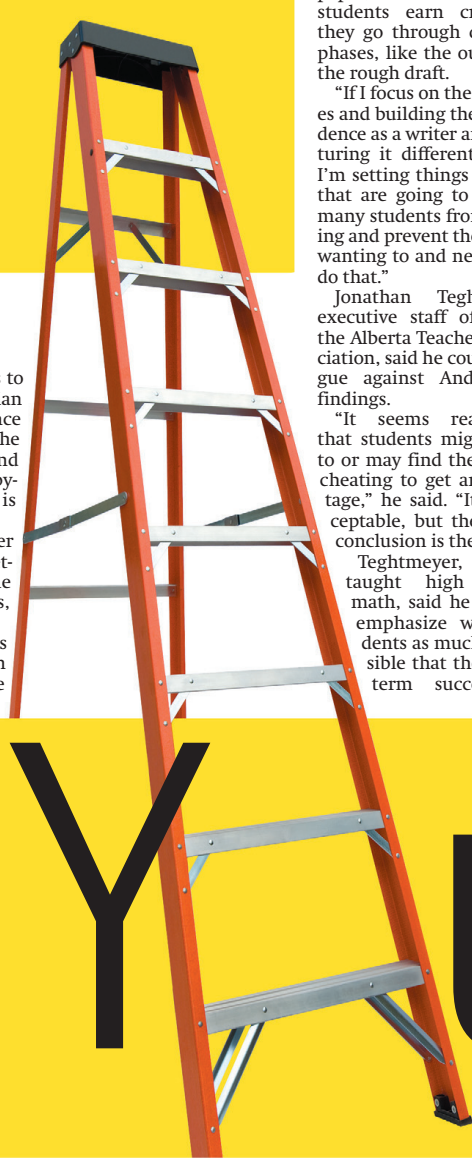

School work a bloody mess

The blood goes everywhere.

They say it's the worst part about firing a gun into flesh — the mess they have to clean up.

"We get blood spatter all over the place," says Raquel Murray, 20, as lab partner Tim Teatro sprays all-purpose, environmentally-friendly cleaner on the red-splashed white wall. "But it's a lot of fun."

It's also serious work for Murray, a fourth-year physics student, and Teatro, the research assistant. Their tests at Oshawa's University of Ontario Institute of Technology are meant to produce data that will eventually help solve crimes.

And no, they weren't shooting bullets into human bodies.

They used a paintball gun to fire riot balls (like rubber bullets) into a blob of ballistics gel encasing a ball of fake blood. The gel and "blood" react to the projectile much like the real thing.

Using a high-speed camera and computer software, the students film the blood as it spatters against the wall, then analyze the pattern. From the geometry and angle of the droplets, they can work back to determine where the "body" was when it was hit and the type of weapon used.

"We're trying to give a complete picture that will allow police to reconstruct a crime in its entirety," says science professor Franco Gaspari, who is overseeing the project in the school's crime scene house.

Protected by white coveralls, goggles and mask, Murray starts the countdown as Teatro aims the gun at the blob.

"Firing in 5, 4, 3, 2, 1 ..." There's a loud pop and the gel flies off its stand in a crimson shower.

"Oh hell, I got it good," says Teatro, 24, as stray drops land on his blue shirt. "I forgot to put on my rain cape."

Actually, the theoretical physicist, who just earned his master's degree, is unperturbed. "I go home looking like I just wrung somebody. But I'm a scientist. I cut all sorts of disgusting things open in biology lab."

Murray, who hopes to work for the Canadian Security Intelligence Service, is eyeing the slow-motion replay and says "our little baby-step experiment" is working well.

The blood-spatter project, once completed, will advance crime scene investigations, Gaspari feels.

Current techniques — yes, you've seen them on CSI — use coloured wires connected to droplets to determine variants like source and trajectory. But applying physics principles can produce more specific and accurate results, he says.

Over time, they will be able to build a database of simulations that police can draw on when analyzing bloody crime scenes.

Just don't ask them to clean up the mess.

TORSTAR NEWS SERVICE

YU know where learning leads

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

New school a challenge

Asking questions can be a key part of transition

BRIAN COULTON
for Metro Canada

Choosing courses, navigating an unfamiliar campus and learning a new style of schooling can be trying enough for new college and university students, let alone adapting to a new city and circle of friends.

"It can be remarkably challenging, frustrating at times, exciting, difficult ... all sorts of overwhelming feelings," said Greta Hall, student development and orientation co-ordinator at the University of Calgary.

But amid the mixture of emotions and demands affixed to the post-secondary transition, you're not on your own. Hall said the most important piece of advice she gives to new students in doubt is to ask questions.

"Every campus has resources for their students to help them with a whole range of transition issues, whether it be academic, social or emotional," she said. Talking to professors or academic advisers and making use of health and wellness centres are only a few opportunities Hall recommends. "The onus is on the students, most times, to ask for the help and realize there are resources there."

JAMIE GRILL/ICONICA

In university or college, students are responsible for managing their own daily schedules, which means planning study time.

Students are also responsible for managing their own daily schedules, a novel task for high school graduates accustomed to the secondary school day structure.

With many students in class just 15 hours per week, Hall said they often fall into a trap where newfound freedom can lead to failure.

"As mid-terms and final exams start to come, it can become very overwhelming," she said, "That's where students start to feel the crunch and panic."

To manage on-campus time effectively and dodge added stress, Robin Walker, an admissions counsellor at Mount Allison University in Sackville, N.B., recommends making a personal schedule, pencilling in periods for study.

"In high school, it would have been odd to say you're going to study from 1 p.m. to 3 p.m.," she said, "but I tell students all the time to make their schedule and actually include a study period for each class they're in."

New students should also make time to get involved, said Walker, where meeting people can make for a smooth social transition in what's often a foreign city.

"Living in residence is a great way to meet people and kind of make instant friends," she said. "But also getting involved in extracurricular activities and taking advantage of those opportunities to meet people and be social is really important in your first year for post-secondary success and long-term happiness."

U of T helps students with learning disabilities

RAFAEL BRUSILOW
for Metro Canada

For more information...

- The U of T Moving Forward Summer Transition Program For Students with Learning Disabilities runs Aug. 17-21 from 9:30 a.m. to 3:30 p.m.
- For more, visit studentlife.utoronto.ca/accessibility.

A University of Toronto course hopes to teach incoming students their learning disabilities don't have to hold them back from higher learning.

The Moving Forward Summer Transition Program gives students who are entering university a chance to learn valuable strategies for dealing with their learning disabilities, including maximizing campus resources, practising critical study habits and overcoming fears about higher education.

Learning disabilities can make traditional study methods ineffective for students — for example a student with a reading disability might take four times as long to digest a reading despite being capable of expressing him or herself in writing easily, or students with writing disabilities may need note-takers to scribe for them.

Lake Porter, co-ordinator of the program, says contrary to many students' own fears, university doesn't have to be an insurmountable challenge, particularly since by getting their diploma students have already shown they have the drive to succeed.

"A student who has gone through high school is already very aware that school is going to be a lot of work and they're ready to apply their work ethic. Many students with learning disabilities find they are able to excel at university because they're able to specialize more in their area of strength," Porter said.

That said, learning disabilities can create a slew of challenges for freshmen students, from anxiety about classmates' reactions and fears of a shrinking social life due to more time spent studying to simply getting overwhelmed with the quantity of work required.

Preparation is crucial to success, Porter says.

"Plan your work. Scheduling becomes very important in the life of a student, especially one with a learning disability. Know what supports are available and take advantage of them," he said.

Adina Burden, student co-ordinator of the program, says getting faculty to understand the importance of dealing with learning disabilities in the classroom often requires a shift in attitudes.

"We call them learning disabilities but I'd really call them learning differences. I truly believe these students have the ability to be successful. They're very bright, there are just different ways they learn," Burden said.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

Anxiety can be overcome, experts say

Help is out there for adults heading back to school

RAFAEL BRUSILOW
for Metro Canada

Returning to higher education doesn't have to make you feel like a fish out of water.

For some adults who go back to college or university, the anxiety and uncertainty of heading back into the classroom can sometimes feel like a nerve-racking experience.

But whether you're there to update your skills, advance your career or just stretch yourself as an individual, education can be the most rewarding gift you give yourself.

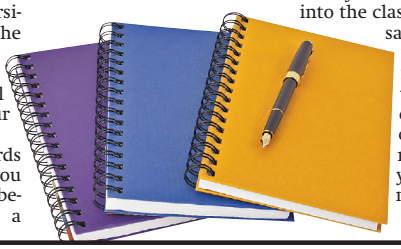
Marilyn Booth, director of the School of Continuing Studies at the University of Toronto, says the most important thing to remember is that you are going back to school on your terms, for your reasons.

"Your attitude towards learning can shift as you come back to school because you're making a choice to come back. You should be looking for a program that fits your needs, your learning style and where you want to get to," Booth said.

"In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to."
Judith Plessis, University of British Columbia Continuing Studies executive director

Judith Plessis, executive director of Continuing Studies at the University of British Columbia, suggests technology has changed the landscape of social interaction and education so adult students don't have to feel alienated from their classmates at all.

"Technology has helped people be much more in touch with their colleagues. In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to," Plessis said.



If you have any sense of anxiety about going back into the classroom, Booth says you can take strength from the fact that your life experience can be a huge resource to your classmates.

"Remember you're not there just to get information from the instructor, you're there to share your own life experiences. You bring plenty to the classroom," Booth said.

As for taking the leap back into the classroom, Plessis says you have to think about what you can manage and how much energy you are willing to put in. If you want to go back to school, be honest with yourself about whether you're ready to make the necessary commitment.

"Family life, kids, competition at work, your mortgage — these things will not go away when you go back to school. You really have to know how you're going to prioritize this experience," Plessis said.

Above all, remember that going back to school on your own terms is meant to be fun as well as educational.

"Education is a gift that you're giving yourself — enjoy it," Booth said.

Adults returning to school have to balance work and family life.

Information night: Thursday, August 20, 2009, 4:30 p.m. to 7:00 p.m.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

Work out, on a budget

KARL YU
for Metro Canada

Tuition and textbook expenses give students' bank accounts a tough workout, but there are ways to get in shape during the school year while giving that tired bank account a break.

Steve McMinn, the personal trainer behind fitforreal.ca, says physical fitness doesn't have to be expensive.

Riding a bike to school is a great way to burn calories while saving on transportation costs, McMinn said. A 150-pound man can burn about 220 calories per half-hour bike ride, while a 120-pound woman burns about 175. One pound equals about 3,500 calories, so students biking to and from school burn a pound every week-and-a-half.

At school, taking the stairs over the elevator also makes a difference in the long run.

According to the Public Health Agency of Canada, going up and down the stairs five minutes each way burns about 80 calories. That's almost half a pound every week.

After class, the most fun way to stay in shape is to join an exercise class or an intramural sports league — both are usually covered by tuition.

"If you play in a (student) floor hockey league or a beach volleyball league or indoor soccer all those things are great fun," McMinn said. "You get to meet people and you also get to stay in shape."

Fun fact

- Walking is a wonderful low-impact exercise that burns between 300 to 400 calories per hour.

Riding a bike to school is a great way to burn calories while saving on transportation costs, says personal trainer Steve McMinn.

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York workshop focuses on job hunting

LEYLA EMORY
for Metro Canada

Finding a job is hard. Finding a job while going to school is harder. So York University decided to teach it.

Its How To Find a Part-time Job workshop is a two-hour lesson on just that.

"We have a lot of students that are first-time university-goers and need to supplement their income," says Julie Rahme, manager of communications and web services at the York University career centre.

"A huge part of the workshop is about our on-campus jobs programs. But we do talk about the networking aspect of finding part-time jobs, where to look and how to work them into your classroom schedule. But really the main message is to build your network."

"We do talk about the networking aspect of finding part-time jobs, where to look and how to work them into your classroom schedule." Julie Rahme

And that happens when you walk in the door, says Rahmer. At last week's session, one student complained about the difficulty of being an international student and finding a job. Another student informed him that York University has a lot of jobs for international students only. "So in that workshop they demonstrated the importance of networking. It happened before our eyes."

"There's a reason we're all there," says Javid Nasseri, a third-year student who attended last week's workshop. "Every session has 10 to 15 students who are also there to find a job. They may know of an employer who is looking for a certain kind of person with a certain set of skills."

The workshop focuses on improving your resumé, navigating through the York career website, cold calling and making yourself known to employers.

The Coles Notes version is get the word out there. "Tell your friends, neighbours, professors — whoever you talk to. Let them know you're looking for a job. Tell them where you've worked before and about your qualifications. Through word-of-mouth you may land a job," says Nasseri.

He's using this newfound knowledge to find a job on campus. He's revised his resumé to fit the job, wrote his first cover letter and plans to call the office and introduce himself before dropping it off. That way "they'll already know you," he says. "It won't be like you just hand them a resumé. It's like you're going to pay them a visit. Talk to them."

In its fourth year, the workshop is offered throughout the summer as part of a job search success series, a program that includes resumés and cover letter writing, interview skills as well as the networking tips," says Rahmer. The next workshop is Aug. 18.

York University offers a job-hunting workshop, which includes resumés and cover letting writing, as well as interview skills.

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Ryerson international students get warm welcome

LEYLA EMORY
for Metro Canada

Before setting foot in a classroom, international students at Ryerson University get a lesson in hospitality at the International Welcome Party.

Kicking off the school year, the party gives new and returning international students a chance to meet Ryerson's president, faculty and staff, as well as hundreds of other students also dealing with the cultural and academic transition.

"You can feel really lost coming to a new country where you probably don't know many people," says Diana Ning, co-ordinator of the international services for students. "We want them to realize that Ryerson is embracing them and giving them a warm welcome."

Beyond introducing the university community, Ryerson's International Welcome Party focuses on integrating students into the city.

"Because Toronto is such a multicultural environment, we also invite representative from different cultural communities," says Ning.

"This way students with different cultural backgrounds can easily connect to (a familiar) society. People have cultural needs."

But perhaps the most important introduction is to the peer supporter assigned to each student.

"We match every student with an international peer supporter — usually senior-year international students," says Ning. "The matching is based on cultural background and we find it very effective."

The International Welcome Party gives students a chance to meet other students and faculty.

Peer supporters help students adjust to life in Canada and offer the benefit of experience.

"The first thing I felt was lonely," says Oscar Jia, a returning international student and one of this year's peer supporters. "It was the first time I went abroad from China. You come to a new place and you don't know where to start or where to go. So the first place I started was my school."

Jia met his peer supporter at the welcoming party. "The culture shock is a big thing. I knew a lot of people in China but not here. We need friends.

"The culture shock is a big thing."
Oscar Jia

"My peer supporter was very helpful. He would send us emails at least once a week just saying 'Hi' and asking about any difficulties we were having in life or on campus. He would answer any questions we had."

Jia has fond memories of the International Welcome Party. He remembers it as an event where he was able to mingle, meet new people and watch performers from different countries — one, a female singer from China. "And there was great food for sure."

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Make most of school with frosh week

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We have all heard the term frosh week. We see it depicted in the movies as a week-long party, focusing on drinking and crazy activities.

If you're shy, reserved or quiet, thoughts of a stereotypical frosh week can be overwhelming and not at all appealing. But there's much more to frosh week activities than a party and it's worthwhile for you to get involved. Let's remove that Hollywood image of frosh events and focus on why schools offer fun activities at the beginning of the school year.

Around the world, frosh is a recognized term that refers to the variety of activities aimed at welcoming first-year students to college and university campuses.

These activities are usually organized by the student council and include social events, live music, and outdoor games.

The purpose of these activities is to help new students feel like they belong to the campus community and to integrate them into the school environment. You can actually learn quite a bit from orientation activities and from other students who were in your position a year earlier.

Besides all the social activities, orientation week is a great time to learn about what your school has to offer. For example, maybe your course offers an opportunity for you to do an international internship or academic exchange. Perhaps there are school clubs you can get involved in that will connect you to career-enhancing opportunities.

Think of frosh activities as a way to learn about maximizing your time at school and to get informed about all the services available to you. So let's redefine frosh in a way that helps you make the most of your introduction to post-secondary education:

- **Friends.** Meeting new people. The chance to connect with a variety of fellow students and to build life-long friendships.
- **Resources.** Learning about the many different resources your school has and how it can actually make your academic life easier. Consider tutors, campus workshops and mentor programs.
- **Opportunities.** Find out about the possible activities you can get involved with, whether it's clubs, student government or international opportunities.
- **School.** Learn about your school, find your way around, and meet key people, staff and faculty members.
- **Help.** There are many people on campus who are available to assist you with all your academic and non-academic needs. Learn about the variety of services available to help you succeed.

TORSTAR NEWS SERVICE FILE PHOTO

Frosh activities can be a great way to make friends at school.

Begin your first year by getting involved in frosh week activities so you can make the most of your experience at college or university right from the start.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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Hire rate high for travel grads

ERIC EMIN WOOD
for Metro Canada

When most people think of the tourism industry, businesses such as hotels, restaurants and cruises spring to mind.

But as graduates of Centennial College's tourism and travel program discover, many of these businesses depend on travel counsellors for customers — and those counsellors must know far more than how to log into a discount travel website.

> **"People seem to think that because of the Internet there is no need for travel counsellors, but that's absolutely untrue."**
> Annisa Mohammed, instructor

"People seem to think that because of the Internet there is no need for travel counsellors, but that's absolutely untrue," says Annisa Mohammed, a multi-disciplinary instructor and the program's coordinator. "Every net-based agency has travel counsellors in the background."

And unlike, say, Centennial's school of hospitality (which deals specifically with hotels and resorts) or its kitchen manager program (which deals with restaurants), the tourism and travel program "gives you a feel for the industry as a whole," Mohammed says.

As part of their curriculum, students receive Cruise Lines International Association training, airline reservation system training, and must write a pair of certification exams: The Canadian Institute of Travel Counsellors Knowledge Exam; and the Travel Industry Council of Ontario Minimum Standards Exam.

Subjects include destinations (with separate classes for North and South America; Europe and Africa; and Asia and the Pacific), international ticketing, accounting, selling cruises, call centre/customer service, and accommodation and ground transportation.

"Accommodation would be learning about all the different types of hotels and resorts. We also include specialty accommodations, such as houseboats in India, ice hotels, specialty trains, that sort of thing," Mohammed says.

More than 80 per cent of Centennial's tourism and travel students are hired upon graduation.

The program includes a 13-week internship, during which students work for an agency such as Sunwing, Marlin Travel or Thomas Cook.

More than 80 per cent of students are hired upon graduation, while others become tour operators, or start their own business.

"I often walk around a mall and see students. My husband doesn't like that very much," Mohammed says with a laugh.

The program requires three semesters, but can be taken in one year. "We run all three semesters every" fall, winter and summer semester, says Mohammed.

The instructors, of course, are all professionals from the industry. "In the tourism and travel department, we have almost 130 combined years of varied experience," Mohammed says.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 1.

Kids eat more while watching TV, study shows

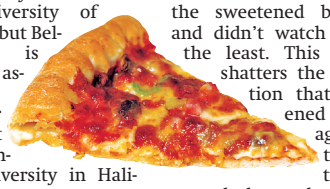
RICHARD WOODBURY
for Metro Canada

Children who watched TV while eating consumed 228 calories more than those who didn't, a recent study done at the U of T found.

A recent study shows when children watch TV while eating, they eat more.

The study was able to show for the first time that the signals the body sends people to tell them to stop eating and they are full are overridden by watching TV at meal-time, says Dr. Nick Bellissimo, a co-author of the study.

The study was done at the University of Toronto, but Bellissimo is now an assistant professor at Mount Saint Vincent University in Halifax.



Fourteen boys between the ages of nine and 14 participated in the four-session study. The kids were given a sweetened beverage on two occasions and a calorie-free drink the other two times, about 30 minutes before the meal. Pizza was the meal and The Simpsons was the TV show. The kids watched TV on two of the occasions and didn't watch TV on the other two.

Those who watched TV when eating consumed 228 calories more. That works out to a piece and a half more of three-cheese pizza.

The kids that consumed the sweetened beverage and didn't watch TV ate the least. This finding shatters the perception that sweetened beverages contribute to obesity and shows that sweetened beverages are appetite suppressants.

"If there's 200 calories in that beverage, they tend to eat 200 less calories at the next meal. It actually does spoil your appetite."

The inspiration for the study came from the lack of experimental work being done on the topic, says Bellissimo. The existing work on the topic was derived from questionnaires, which he says is quite different from performing an experimental study where you "actually demonstrate this happened."

He says that to make progress with solving childhood obesity, we need to move to evidence-based decisions.

"In order for us to make recommendations to children, we need to understand how foods and food components affect food intake in children. We simply can't take what we think, what we see works in adults and apply it to children. Kids are not a miniature version of adults."

The study was done exclusively on boys and Bellissimo says they have continued the experiment with a set of girls. He says they're finding very similar results in girls, but couldn't elaborate beyond that at this point in time.

And what TV show are the girls watching for the experiment? Hannah Montana.

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'You have to push for what you believe in'

RAFAEL BRUSILOW/FOR METRO CANADA

Filmmaker Zack Bernbaum, 21, graduated from Ryerson.

RAFAEL BRUSILOW
for Metro Canada

Young filmmaker Zack Bernbaum makes making movies seem easy.

At the age of 21, the recent film school graduate and triple-threat is the writer, producer and director of So Soon Forgotten, a 15-minute short film based on the true story of Otto Teibeth, a Polish Jew who disguised himself as an SS officer to divert a train of Jews being sent to Auschwitz during the Holocaust.

The top-notch short film will be premiering at the Montreal World Film Festival Aug. 27-Sept. 7.

Bernbaum raised more than $100,000 to create the film and ensure the final product was as authentic as possible — the short is filmed entirely in German and Bernbaum flew Garth Mercer, an actor from Germany, in to play one of the two lead roles. Bernbaum finished the film in March as his graduating project at Ryerson University's School of Image Arts and he hopes it will become his calling card — proof that he has the drive and vision to carry a film production from start to finish.

SUBMITTED PHOTO

Zack Bernbaum and actor Garth Mercer on the set of So Soon Forgotten.

"You really have to push for what you believe in and I really believed in this project. It had to start with a really strong vision," Bernbaum said.

So Soon Forgotten was filmed in just seven days in October 2008, but Bernbaum then spent more than five months in post-production, something made possible only because of his aggressive planning. As most students were planning their summer vacations in early 2008, Bernbaum got cracking on his script and pre-production early so he could start shooting almost as soon as the new school year started.

While some of his classmates were just getting started on their scripts in the fall of 2008, Bernbaum was already filming. That kind of work ethic is a great indicator of Bernbaum's ambition and likely a large part of his success.

"Preparation is definitely key. Making the film was surprisingly easier than I expected it to be because everything over time kind of fell into place. I'm thrilled we were able to pull this off," Bernbaum said.

Bernbaum says his time at film school was crucial in teaching him the bigger picture of making films.

"You are in a place where they give you the fundamentals to take an idea and implement it through all parts of the process of film production. It's great being in a place where everyone is focused on the same thing as you," Bernbaum said.

The topic of So Soon Forgotten is very personal to Bernbaum as both of his grandparents survived the Holocaust. Telling the story of Otto Teibeth is, for Bernbaum, a chance to shed light on a dark corner of humanity.

"There are thousands of stories during that time that no one knows about and it just shows how even in one of the darkest periods of history, people did strive to do good and do what is right," Bernbaum said.

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York University's Schulich School of Business is listed as the top business school in Canada in Forbes' biennial ranking of global business schools. Schulich placed sixth worldwide among non-US two-year MBA programs. METRO NEWS SERVICES

Workology

U of T cracks top 20 in credibility

The University of Toronto has placed 13th among institutions worldwide for citations for its research in the last 10 years in new rankings by ScienceWatch.com. U of T was the only Canadian university among the top 20 institutions ranked. It was listed as the top Canadian school in a recent ranking by the Higher Education Evaluation and Accreditation of Taiwan, which measures the performance of scientific papers. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

PHOTOS SUBMITTED

As a stuntman and stunt coordinator, James Bamford has been burned alive on numerous occasions, he says.

Crashing, burning and getting paid

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

James (Bam-Bam) Bamford has been burned alive, bashed with furniture and thrown out of high places thousands of times.

The 42-year-old stuntman, stunt coordinator and president of Stunts Canada has performed and managed stunts for more than a hundred movies and TV shows like Get Carter, Blade Trinity, Battlestar Galactica and Stargate Atlantis. If you saw the trailer for the recent movie Watchmen, that was Bamford getting kneed in the chest by Night Owl in a prison fight scene.

Bamford was a juvenile corrections officer and taught martial arts before getting into his start in stunts about 17 years ago. A stunt coordinator called him looking for a stunt double who could do martial arts for the TV show Cobra and tall, trim Bamford fit the bill perfectly. The director nicknamed him Bam-Bam that first day on set and the name has stuck with Bamford since. Bamford doubled for David Duchovny for most of The X-Files' entire run and was primary stunt coordinator on the recently ended series Stargate Atlantis.

"People see the easy days and think, 'I could do that.' They don't see the days you break your arm." Stuntman James Bamford

Throughout his stunt career Bamford has worked with dozens of action stars like Sylvester Stallone, Arnold Schwarzenegger and Vin Diesel. Gwyneth Paltrow smashed him over the head with a stool in the film Duets and he has been light on fire, thrown off cliffs and hurled through windows more times that he could ever count. While some people probably think that all sounds like a barrel of fun — and Bamford insists that it certainly is — doing stunts correctly and safely is much harder than it looks.

"People see the easy days and think, 'I could do that.' They don't see the days you break your arm," Bamford said.

"It takes an incredible amount of concentration and an incredible amount of athletic ability to perform a stunt correctly. Just to jump off a building you have to train your brain to allow you to do it. A stuntman is not a daredevil," he added.

While safety is paramount, no stunt is 100 per cent safe — that's why stunt people get hired in the first place.

"We're a calculated risk but there's always that risk. You try to make a stunt as foolproof as possible but the more variables you add, the more risk there is. For a 30-second fight sequence, the audience has no idea how much rehearsal goes into it. Prep is everything," Bamford said.

When things go wrong, they can go very wrong very quickly, like one time Bamford performed a sword-fighting scene with an actor who went off of the choreography. Bamford got his nose sliced open and barely missed losing an eye, all because of one small change the actor had made to his movements, without warning Bamford in advance.

In recent years Bamford has focused more on stunt coordinating and second-unit directing and says being on the other side of the lens is just as fun and challenging.

"Getting the actor to perform their own stuff safely — that's an art in-and-of itself. It's very rewarding to know you've gotten them to do things they didn't think they could do," he said.

PHOTOS SUBMITTED

James Bamford is seen here jumping off a bridge for a stunt.

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Brand strength a key concern

COMPANIES With recovery efforts in full swing after one of the steepest downturns in history, employers are preparing for when the economy rebounds, according to a recent CareerBuilder survey.

Seventy-two per cent of employers who have employment brands say they are taking measures to strengthen those employment brands today, so they are competitively positioned for an upturn down the road.

Employers are working to remedy the fallout of a gruelling economy. As companies struggle with shrinking departments and tighter budgets, a greater emphasis is being placed on internal and external communications to improve employment brands.

Thirty-seven per cent of employers with employment brands are communicating more frequently with employees about company successes and 29 per cent are promoting company successes through press releases.

METRO NEWS SERVICES

Animating the inanimate

Backstage Pass

ROBYN YOUNG
for Metro Canada

On the Sound of Music stage, Kevin Dixon is responsible for 70 different automated pieces of scenery, including one that weighs 20,000 pounds.

He's the head of automation with Mirvish Productions' Sound of Music at the Princess of Wales Theatre and he says the most satisfying part of his job is when all the pieces come together as they are meant to, like magic.

"Theatre presents a lot of problems to be solved," he said. "The best part is the feeling of accomplishment when you pull it off."

The Von Trapp family home, for example, is made up of four parts and in order to bring those parts together, it requires eight different motors.

Dixon is responsible for the home coming together seamlessly, several times a show, eight shows a week.

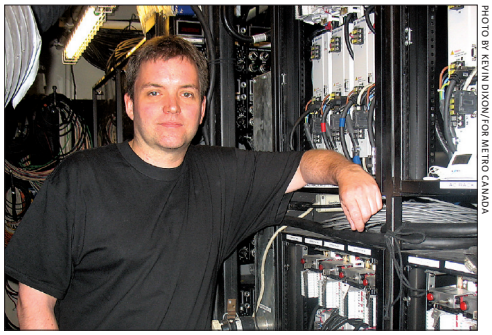

PHOTO BY KEVIN DIXON/FOR METRO CANADA

Sound of Music head of automation Kevin Dixon learned about his craft through his degree at Ryerson University's theatre school.

The house coming together without a glitch may be one of the most important technical aspects of the show since so much action takes place on the grand staircase. The audience first meets the seven Von Trapp children as they march down the stairs to their father's whistle commands; and they sing their memorable exit song "So Long, Farewell" at the end of the Captain Von Trapp's party, trailing up the staircase to bed, one by one.

On the night Metro spoke with Dixon, he noted it would soon be time for maintenance — which takes place about every two weeks — because the house wasn't gliding together as effortlessly as it should.

Dixon is also responsible for the maintenance and safety of an approximately 20,000 pound slab of "mountain" that tilts in different directions and slides around the stage, representing the Austrian hills.

The audience is introduced to Maria in scene one, daydreaming on the grassy slab; and the formidable sheet of rock helps the Von Trapp family escape from Austria into friendly Switzerland after the Nazis commandeer their homeland.

It's Dixon and his team's jobs to ensure all 70 automated pieces of scenery are in top condition every day, for the safety of the cast and crew, and of course the audience.

"The safety aspect trumps everything," he said.

Dixon learned about the technical aspects of theatre through his degree at Ryerson University's theatre school.

He did most of his early work behind the scenes as an electrician and says he fell into automation when Phantom of the Opera came to town and he was asked to help with the automated parts of the show.

For more of the Backstage Pass exclusive series check Workology frequently or stop by:
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Government jobs new career focus

EMPLOYMENT A downshifted economy and volatility within the private sector have many job seekers shifting their focus to government jobs. According to a new CareerBuilder survey of more than 2,900 workers, 88 per cent said they were interested in jobs within the public sector. Forty-one per cent reported that they are interested in jobs within the government.

When asked what most appealed to them about working for the government, job seekers pointed to job stability (21 per cent), training opportunities (16 per cent) and a chance to make a difference (13 per cent).

"In an uncertain market, job security is a huge selling point for workers," said Chuck Loeher, vice-president of Government Solutions at CareerBuilder. "Sixty-one per cent of job seekers we surveyed said they think government jobs are more stable than the private sector."

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Help stop human trafficking

Former sex slave turned activist Somaly Mam launches three-year campaign

CELIA MILNE
For Metro Canada

Somaly Mam is a stunning and effervescent international activist. But it wasn't always thus.

She was born into a life of poverty in Mondulkiri province, Cambodia. Abandoned by her parents, she was sold by a man posing as her grandfather into sexual slavery.

She doesn't know how old she was (she guesses 12 or 13), or what her name was when she was forced to work as a prostitute. She and the other girls in the brothel were tortured and manipulated. They felt scared and trapped. "When you are in the brothel, you never have the idea to get out. Who will help me? It is not easy to get out," she tells Metro in a phone interview. "I know what is painful — when you need someone to hold you but no one does."

Mam observed something unimaginably horrible. "One day my friend was killed in front of me," she says. Watching a friend being murdered by a pimp was so terrifying for the young Mam that she ran away. She vowed that day she would make preventing such atrocities her life's work.

SUBMITTED PHOTO

Somaly Mam, one of TIME Magazine's 100 Most Influential People of 2009 , is the founder of The Somaly Mam Foundation – dedicated to fighting the human trafficking industry.

Mam is now a world-renowned activist and the lifeblood of the Somaly Mam Foundation, which provides rescue and rehabilitation services to girls who are victims of sex slavery in Cambodia, Laos and Thailand. The Foundation has saved 3,000 girls since its founding in 1996.

"(I wish for) a world without trafficking of sex slaves. A world with love."
Somaly Mam, activist and founder of The Somaly Mam Foundation

Now everyday Canadians can help too. The Body Shop has teamed up with the Somaly Mam Foundation in a three-year campaign to prevent the trafficking of girls and young people for sexual purposes. The other partner is Beyond Borders, the Canadian link in the international group End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes (EPCAT).

Some of the proceeds from The Body Shop's new Soft Hands lotion ($10) will go to The Somaly Mam Foundation.

It is estimated that millions of children worldwide, like Mam, are trafficked for sexual exploitation. Traffickers prey on children and young people to meet the sexual demands of pedophiles and people who pay for sex. Some traffickers are part of organized criminal networks.

The Body Shop in 60 countries is selling products such as Soft Hands Kind Heart lotion to benefit these organizations. Some of the proceeds go directly to Mam's shelters. "I have more than 200 girls to feed every day in shelters. Now I have hope," she says.

What does she wish for? "A world without trafficking of sex slaves. A world with love."

E-smokes are a health no-no

PRODUCT E-cigarettes may seem glamorous at first, but they are a health no-no. According to the U.S. Food and Drug Administration and Health Canada, these "smokes" may contain carcinogens and other toxic chemicals such as diethylene glycol, which is used in antifreeze.

Electronic cigarettes are a new gimmick. They operate on batteries and light up when you inhale, emitting a vapour rather than smoke. But they contain nicotine like real cigarettes. They're available in shopping malls and are marketed on the Internet to young people, but they haven't been authorized for sale in Canada.

Health authorities in both countries are scrambling to figure out what is in electronic smoking products and how to control their use.

CELIA MILNE/
FOR METRO CANADA

In brief

FOOD Improve on a smoothie by adding a tablespoon (15 mL) of flaxseed oil. Research from South Dakota State University suggests this oil could fend off and slow the growth of colorectal tumours.

BEST HEALTH MAGAZINE

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Organic makeup removies
Physicians Formula Organic Wear recently introduced four new makeup removers: two for eyes and two for the face ($15 each). Left, the facial makeup remover towelettes with aloe vera extract. Available at Shopper's Drug Mart. METRO NEWS SERVICES

Super food: Coffee cure

RESEARCH "A coffee a day, keeps Alzheimer's at bay."

A research team led by Dr. Gary Arendash from the University of Florida found that drinking up to two cups of coffee a day could halt the development of symptoms related to Alzheimers. "Our mouse studies, human retrospective studies, and caffeine's ability to directly affect the disease process are all pointing to caffeine slowing or reversing Alzheimer's Disease," says Arendash. The research suggests that the caffeine in coffee prevented the production of protein plaques, a direct cause of the disease.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Hollywood turns 40 this year

They've been box office gold, but now stars are hitting middle age

Blame Jane Fonda. She was the one who started it, appearing stunningly youthful at Oscar ceremonies in the 1980s, even though she was well into what most people would call middle age.

Then came her book, Women Coming of Age, and the Jane Fonda workout tapes and "go for the burn" and, before we knew it, 40 was the new 30. And now here we all are, tempted to spend thousands of dollars a year on makeup and firming creams, Botox and personal trainers.

These days, the Hollywood standard for women turning 40 is to remain fresh and glowing, even if they can't ignore the mental adjustment of entering what is — literally, statistically — middle age.

"I don't want to," Jennifer Aniston, who turned 40 on Feb. 11, told talk-show host Ellen DeGeneres.

"I found a really long grey hair and it kind of flipped me out."

In April, Jennifer Lopez told People magazine that she had forbidden her husband, Marc Anthony, to talk about the fact that she was turning 40 in June.

Rachel Hunter told Woman's Day that turning 40 this year doesn't bother her, but that was before her 27-year-old fiancé, Jarret Stoll, a Saskatchewan native who plays centre for the Los Angeles Kings, jilted her weeks before their August wedding.

"I'm doing sit-ups every day so that I could maybe look like Helen Mirren in a bikini," Renée Zellweger, 40, told Marie Claire in January, referring to a picture of Mirren at 63 sporting a bikini and a curvy, smooth, toned body that gave hope to women around the world.

"It's a pretty strong group," says David Clemmer, founder of Judy Inc., a management company representing fashion stylists, hair and makeup artists and set designers.

Some of his recent clients include Catherine Zeta-Jones and Cate Blanchett, both 40 this year.

Being subtle works best for women as they age, says Clemmer, who is also the wardrobe consultant for the makeover series Style By Jury, which airs on the W Network.

Some women make the mistake of trying to cling to their curves by buying clothes that are too small or too revealing or they overdo it with accessories.

"I think age is a great thing," says Clemmer. "Now, talk to me again in 20 years."

TORSTAR NEWS SERVICE

"I found a really log grey hair and it kind of flipped me out."
Jennifer Aniston, 40, told talk show host Ellen DeGeneres

GETTY IMAGES

Right: Actresses Jennifer Aniston and Catherine Zeta-Jones and performer Jennifer Lopez all turn 40 this year. Nowadays, the Hollywood standard for women turning 40 is to remain fresh and glowing.

Global public awareness campaign

LUSH is launching two new products, Jungle Soap ($5.95), left, and Charity Pot Hand and Body Lotion ($20.95) that give back to two new charities that work to save the animals and indigenous tribes of the rainforest. METRO NEWS SERVICES

Want a healthier steak?

Marinate meat in wine or beer — it's good for you

NUTRITION A splash of beer or red wine in your marinade can do you some good, according to a recent study from the University of Porto in Portugal.

Marinating meat using beer or wine reduces the carcinogens produced from grilling by 90 per cent, compared to meat that's not marinated. Isabel Ferreira, the study's lead researcher, says the antioxidants and polyphenols in beer and red wine act as free-radical scavengers, targeting cancer-causing chemicals called heterocyclic amines (HA).

According to the study, beer is faster at reducing HAs than red wine. Reduced HAs in beefsteak occurred after four hours of marinating in pilsner at 8°C and after six hours in wine. Ferreira suggests it may be the sugars and starchy maltodextrins in beer that make the difference.

ISTOCK PHOTO

Reduce the carcinogens produced from grilling by 90 per cent by marinating meat using beer or red wine, suggests a new study.

Grill tip: Keep fish skin and scales on to reduce the formation of cancer-causing compounds.

And make sure you have enough marinade for your meat or poultry. According to Victoria-based registered dietitian Danielle Van Schaick, you should allow a half-cup (125 mL) of marinade for every pound (500 g) of meat, and limit the amount of oil in the recipe to avoid smoke.

Try this: Marinate 1 lb (500 g) meat in half a cup (125 mL) beer, 1 clove garlic, 1 tbsp (15 mL) minced ginger and a squeeze of lemon juice.

LISA HANNAM/
BEST HEALTH MAGAZINE

besthealthmag.ca

Best Health is now on newsstands. For more Best Health, visit **besthealthmag.ca**

Pedicure 911

Faux toenails are a quick beauty fix

JANINE FALCON
For Metro Canada

Stick-on toenails can be an unexpected beauty fix, and a wallet fix, too. Sure, snigger if you want, but although the idea may amuse, it's true.

Nailene Perfect Toes or Revlon Perfect Pedicure plastic nails, which have been available for a few years at retailers such as Pharma Plus/Rexall and Shoppers Drug Mart, actually look natural enough to stand in for that last-minute salon-pedi appointment you couldn't get in before your cousin's wedding this weekend.

For women who are self-conscious about nails traumatized from a long-time running or marathon habit, glue-on nails can also mean freedom from closed-toe shoes in summer's heat (now that it's here).

One box contains plastic nails in a variety of sizes and a small tube of adhesive. Some come with a package of tiny decals for teeny-bopper cute embellishment, and a mini emery board.

"They're a good shape to begin with," says Julia McEwen, assistant style and beauty editor for Canadian Living magazine. "But after I apply them, I file the edges a little to get a slightly more curved shape that looks better on me."

COURTESY OF NAILENE PERFECT TOES

A French pedicure look seems most widely available at the moment, but fear not if you're not a fan of that style. Faux nails are a better-than-real canvas for your favourite shade of polish: basecoat isn't necessary, and colour bonds to the oil-free plastic surface for a long-lasting finish.

"I absolutely love them," says McEwen. "They save me time — I rarely have the opportunity for pedicure appointments — and last as long as a professional polish job. They cost a lot less, though, around $13, so they save me money as well."

Glue-on toenails are perfect for anyone short on time or suffering from nail trauma as a result of sports or fitness. Two popular brands include Nailene Perfect Toes ($11.49) and Revlon Perfect Pedicure ($12.49), pictured above.

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Teaching kids delayed gratification
Four-year-olds who have difficulty delaying gratification are more likely to be overweight by age 11, says a new study. Researchers suggest teaching kids how to delay gratification when it comes to food. **BEST HEALTH MAGAZINE**

Teenage sexual angst

John Hughes films captured the awkwardness of adolescents

The J Spot
Josey Vogels
metronews.ca/thejspot

If there's one lesson young women everywhere learned from John Hughes films it's this: Don't give a boy your underpants. Ever.

As you've no doubt heard by now, director John Hughes, the master of some of the most influential teenage drama films of our, or at least of my, generation — Pretty in Pink, Sixteen Candles, The Breakfast Club, Ferris Bueller's Day Off — died last week of a heart attack at age 59.

Hughes created a world run by teens (do adults really matter when you're a teen, after all?). There was less sex farce and more true sexual angst than we see in today's teen sex comedy/dramas (American Pie anyone?). He had a way of captivating that fleeting period (of course, at the time, it feels it will never end) when your emotions in all their overly dramatic, roller coaster glory completely dictate your entire life.

He reflected the hierarchy of teen social life — cool people rule, geeks are outcasts, the girls always went for the yuppies or the bad boy while the nerdy-but-nice boys were left on the sidelines.

But he also exposed the vulnerability of this hierarchy and cracked teenage life open to show us what it was really about, that is, a bunch of insecure, inexperienced, sexually curious young people jostling for social position and acceptance. Without making it too realistic, which would just be depressing (watch the documentary Kids, and you'll know what I mean).

TORSTAR FILE PHOTO
Actors Molly Ringwald and Judd Nelson in a scene of John Hughes' 1984 film, The Breakfast Club.

"(In Hughes' movies) there was less sex farce and more true sexual angst than we see in today's teen sex comedy/dramas."

After all, no teen in real life would say what Andrew McCarthy's preppie rich-boy character, Blane, says to Molly Ringwald's character, Andie, a girl from the "wrong side of the tracks" in 1986's Pretty in Pink: "You said you couldn't be with someone who didn't believe in you. Well I believed in you. I just didn't believe in myself. I love you. Always."

By making teenage life more exaggerated, funnier, and more entertaining, Hughes' allowed us to shudder at the pain but ultimately to laugh at the absurdity of it all.

Which is perhaps why it is still so satisfying to watch these films as an adult (something the movie channels obviously understand given how often they air them). As a teen, you're too busy being a sexually confused, angst-ridden, insecure teenager to really appreciate the perspective he offered.

As an adult, you've made it through to the other side. You realize that, as adults, the pretty girls, the bad boys, the nerds and the geeks all end up on a more even playing field. And that, as much as your parents tried to tell you and you refused to believe them, it really was just a phase.

Though I still wouldn't give a boy my underpants.

• Prostitution among the chimps? Read more in Josey's Sexcetara blog at metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

STUDY Almost one in four Canadians over 50 who break a hip and almost one in six who fracture their spine die within five years of the injury, say researchers, stressing that more must be done to promote good bone health and to prevent falls. Their five-year study, published online in the Canadian Medical Association Journal, looked at a sample of almost 2,200 men and about 5,500 women. **THE CANADIAN PRESS**

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Putting on the moves
In a recent FastLife survey, 76.9 per cent of women aged 19 to 27 felt it was okay for a woman to make the first move. METRO NEWS SERVICES

Anti-venom crisis in Ontario

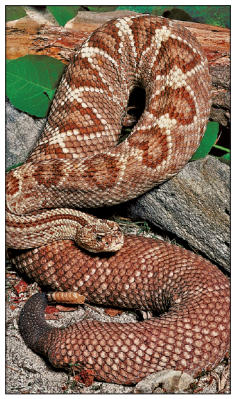
Doctor blames province for shortage of snakebite treatment drug

CELIA MILNE
For Metro Canada

The rattlesnake bite was quick and sharp. Nine-year-old Sydney barely knew what hit her. In July, she was walking barefoot along a path at a friend's cottage on an island in Georgian Bay when the young snake bit her ankle.

In severe pain and bleeding, Sydney was rushed first by boat and then by car to the West Parry Sound Health Centre (WPSHC), one of the few hospitals in Canada that carry the rare anti-venom that can save lives. Sydney survived after being treated intravenously with 12 vials of the anti-venom.

But now Ontario is out of anti-venom and the next person to be bitten by a rattlesnake may not be so lucky. "Can you imagine if we lose a child to snake bite because there is not enough anti-venom? That is crazy," says Dr. Terence Fargher, an internist at WPSHC and one of the country's leading experts on treating rattlesnake bites.



The only poisonous snake in Ontario is the Eastern Massassauga, which lives on the southern shores of Georgian Bay.

The anti-venom, called CroFab, is expensive to make; it involves injecting rare snake venom into sheep in New Zealand, withdrawing the serum and then purifying it at a special plant in the U.K. It is not only expensive (it can cost up to $35,000 to treat a major snake bite), it is also extremely perishable. The drug only lasts three years, and that is why hospitals don't want to order too much of it, only to throw it away.

Up until two years ago WPSHC was the provincial depot for anti-venom, but due to funding issues, each health area now has to order its own supply. WPSHC started the summer with 64 vials of CroFab, and all are gone now. One patient of Fargher's required 18 vials; he was very sick: vomiting blood within 40 minutes of being bitten. Fargher blames the minister of health for the shortage. "It is not fun sitting in the emergency with a lack of anti-venom. Any reasonable politician would have made sure this wouldn't happen."

The issue is critical because August is usually the busiest time for rattlesnake bites as the snakes move around, looking for mates.

The only poisonous snake in the province is the Eastern Massassauga, which lives on the southern shores of Georgian Bay, on the Bruce Peninsula, as well as around Windsor and the Niagara Region. Rattlesnake bites can also be an issue at hospitals near zoos.

The drug is on special order from the manufacturer, and is scheduled for release in mid-August.

Be cautious

If you are in any of the areas where rattlesnakes live, take these precautions:

- Wear ankle-high footwear
- Use a flashlight at night
- Listen for the rattle
- Do not pick up or attempt to capture a rattlesnake

CELIA MILNE/ FOR METRO CANADA

Saudi man orders male enhancement device made of gold

PRODUCT Sex, apparently, is best when it's golden. A Saudi Arabian businessman ordered what is believed to be the world's most expensive "male enhancement device." The penis enlarger is made of solid gold and decked out with jewels.

"At first we didn't take the order seriously," Rick Oh tells Metro. "We often get unusual requests, but then the customer doesn't pay the deposit.

"We have models that accommodate all budgets."
Rick Oh, co-owner of X4 Labs

So when this Saudi Arabian man paid the deposit of $20,000 we took the order very seriously."

Oh is the co-owner of Montreal-based X4 Labs, which manufactures "male enhancement pills," penis enlargement kits, penis exercise pumps — and the penis enlarger, which the Saudi businessman ordered.

Since introducing the enlarger in 2001, estimates Oh, X4 Labs has sold 20,000 units. "It's a very popular product," says Oh. "Our customers are typically men who want to be bigger. In truth, most men wouldn't mind having a bit more, and we have models that accommodate all budgets."

Though models typically cost between $200 and $400, X4 Labs believes there's a market for vastly more expensive versions.

ELISABETH BRAW/ METRO WORLD NEWS

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Chou as the chauffeur
Following Stephen Chow's departure, the Kato-shaped gap in Michel Gondry's Green Hornet has now been filled, says Variety. Jay Chou will fill Bruce Lee's shoes as the chauffeur, alongside Seth Rogen as the titular vigilante newspaper tycoon. EMPIREONLINE.COM

Entertainment

Demon socialite
Paris Hilton is set to guest star in an episode of Supernatural. "Paris Hilton is playing a demonic creature that takes the form of ... Paris Hilton," said creator and executive producer Eric Kripke. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

I Love You, Man
Director: John Hamburg

MOST STRAIGHT MALES would sooner skinny dip with sharks than admit to a "bromance," which to them implies weakness or — horrors! — latent homosexuality.

I Love You, Man takes this Freudian courtship to comic extremes with the odd-couple pairing of uptight realtor Peter (Paul Rudd) and his free-ranging pal Sydney (Jason Segel).

Peter realizes he has no close male buddy to be best man for his upcoming wedding to the fetching Zooey (Rashida Jones of TV's The Office).

A chance meeting with Sydney at an open house for Lou Ferrigno's L.A. mansion (Hulk jokes, ahoy!) opens a new world for Peter. The duo quickly bond over matters of sex, canine defecation, food and alcohol and Toronto's own Rush, a.k.a. "The Holy Trinity." Zooey starts to get jealous, Lord knows why.

It's a one-joke pony, but director John Hamburg (Along Came Polly) and his screenwriters manage to stretch it to nearly two hours of hilarity and quasi-profundity.

17 Again
Director: Burr Steers

IN 17 AGAIN, which makes Xeroxes look original, Zac Efron plays a high school basketball star torn betwixt love and glory. All you need are a few catchy tunes and you'd have High School Musical 4.

The hook this time, familiar to anyone who saw Big, Freaky Friday, 13 Going on 30, Peggy Sue Got Married or innumerable other body-swap fantasies, is that the teen is an adult in disguise.

Efron's Mike O'Donnell is the transformed version of Matthew Perry's Mike O'Donnell, a middle-aged salesman whose life took a bad turn when he was a high school hoops star. He abandoned a championship game to run after his pregnant girlfriend (Allison Miller).

Twenty years later, Mike is about to divorce that girl and he's got a son and daughter in high school. Enter a mysterious janitor who — presto! — magically transforms Mike back into his sleek bod of 17, allowing him either to make amends or screw things up even worse than before. Rinse and repeat.

Peter Howell/for Metro Canada

One step at a time

So You Think You Can Dance Canada ready for showtime

BRIAN COULTON
for Metro Canada

When So You Think You Can Dance Canada host Leah Miller saw show winner Nico Archambault audition for the program in Montreal, an inkling surfaced within her that said, "He could win this."

"He was a real standout," she said. But after viewing many auditions for the show's second season — including dancers in genres absent last year — Miller maintains the quality is so high, it's anybody's game.

The televised dance competition's second season kicks off with a two-night premiere, airing over four hours tonight and tomorrow on CTV. The launch will showcase auditions held in Toronto, Vancouver and Saint John, N.B., earlier this year, before heading to Montreal and Edmonton next week.

High quality means there's no time to show "bad talent," said Miller, which she marks as the leading difference between the show's Canadian and American editions.

"We don't really have people who show up that just want to be on TV," she said. "The people that come, even if they aren't as talented or technically trained, really believe they're good and they're passionate about it. Some of them are from small towns that don't have dance studios and they learned how to dance from watching videos and YouTube."

Regardless of the background of the dancers who advance, however, returning judge Tré Armstrong said she won't hesitate to bluntly speak her mind to contestants during weekly episodes.

"Sometimes you've got to take it in a harsh way, where you take all the fluff out and just tell it how it is," she said. "I'll always be caring, but at the same time, people only learn from being told the truth."

Her motto this season is, "If you don't grow, you may not go." But aside from maturation as dancers, she said the new round of rug-cutters must learn to deal with cameras following their every lock step and walk, and drop their guards early on.

"You can't wait for this growth epiphany to necessarily hit you in the top eight week because you may only get to the top 16," she said, "You have to let go and be yourself full-out. It sounds redundant, but that is what can win the show."

But judging by the success of some first season finalists — Miles Faber landed a co-starring role in an MTV film, Natalli Reznik was to backup dance for Michael Jackson's tour before his death and Tamina Pollack-Paris danced with Lady Gaga at June's MuchMusic Video Awards — dancers need not come in first to flourish.

Said Miller, "Anybody who's going to be in the top 20 has to get ready for their life to change a little bit, but in a good way."

Leah Miller hosts So You Think You Can Dance Canada tonight and tomorrow on CTV.

So You Think You Can Dance Canada airs tonight and tomorrow on CTV.

On the street

- Leah Miller, judge Tré Armstrong, guest judge and choreographer Blake McGrath and Season 1 dancers Kaitlyn Fitzgerald, Lara Smythe and Jesse Catibog hit the streets at 299 Queen St. W., for four hours today. Six dancers will perform and stars of the show will be available from noon to 2 p.m. to meet fans.

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A new Stooge

Director Peter Farrelly gave The Boston Globe a little tidbit of news about his planned Three Stooges film: Namely, that Paul Giamatti, shown, will be stepping into the role of Larry, originally set for Sean Penn. EMPIREONLINE.COM

Dark side of toon

Idiots and Angels shows animator's edgy esthetic

CHRIS ALEXANDER
for Metro Canada

Movie **feature**

Oscar-nominated animator Bill Plympton's Idiots and Angels hits theatres Friday.

Oscar-nominated animator Bill Plympton is one of the last of the true independents and yet, despite a long career that's run both hot and cold commercially, he's anything but angry.

Since the mid '70s, the revered NYC based filmmaker has built up a reputation as one of the most innovative and charismatic animators alive, an artist whose edgy, counterculture esthetic is echoed by his simple, jittery, self penciled imagery.

His latest offering is the feature length morality play Idiots and Angels (opening in theatres Friday), a dark, creepy comic fantasy about a miserable corporate stiff who inexplicably sprouts a set of seraphim wings from his back, inspiring him against his otherwise cantankerous will to do good deeds.

"It's got a spiritual aspect to it," says Plympton of his latest magnum opus that joins the ranks of such cult Plymptoon hits as Mutant Aliens, Guard Dog and Hair High. "I'm not religious at all, my religion is animation, but the film is getting a great, passionate response. There was actually a riot in Greece when we screened it — people were beating each other up to try to get in!"

The film has a bleak, monochromatic yet strangely beautiful colour palette that in many ways was inspired by his childhood growing up in the foggy, washed out wilds of Oregon.

"A lot of animators come from Oregon," he says. "Matt Groening (The Simpsons) is one of them, in fact. The weather there is very depressing but also misty and kind of magical, like a fairy tale. I spent a lot of time indoors drawing to amuse myself and that environment definitely helped shape the work."

Plympton's films command an international cult following but, no matter what level of mainstream success he achieves, he vehemently refuses to sell out, to alter his identity as a trend bucking maverick.

"I own all my own work and have complete creative control over my projects," he says. "I really want to stress that you can be independent and still be successful. It's not easy, but you can."

Pilgrim in Hollywood

ADAPTATION A London, Ont.-raised artist and his comic-book creation are on the verge of Hollywood stardom.

Bryan Lee O'Malley, who writes and draws the Scott Pilgrim series of graphic novels, is enjoying his last few months of relative obscurity before his characters hit the big screen in an A-list, live-action film set to open next year.

"I don't have much to do while they're filming, so I'm just quietly working on my comics here,'' he said.

While Scott Pilgrim vs. the World will be pretty mainstream — Canadian actor Michael Cera plays the title character — the comics themselves are anything but. To win a girl's heart, the 20-something hipster must first defeat her seven evil ex-boyfriends.

Awards won by O'Malley and the series include Entertainment Weekly's Independent Comic of the Year. THE CANADIAN PRESS

Coppola gets personal with Tetro

PHIL BROWN
for Metro Canada

FEATURE At the ripe age of 70, director Francis Ford Coppola considers himself to be at the start of a new career as a filmmaker. Sure, the guy made the first two Godfather movies, The Conversation, and Apocalypse Now in the '70s; achievements that most directors would consider the bedrock of a career.

But for Coppola those films represent the past. He's just getting started.

"I think Tetro is the second film of my second career following Youth Without Youth," claims Coppola. "What makes these films different is that, starting with Tetro, they will all be based on original screenplays. They'll be self-financed, which changes them a lot. But most importantly, they'll be of a personal nature, meaning that they're movies I'll make out of the love of wanting to make that movie rather than getting paid for it."

In the decade away from directing films following 1997's The Rainmaker, Coppola dedicated much of his time to starting a wine label and a hotel chain, investments that have earned him enough money to finance his own movies outside of Hollywood.

Francis Ford Coppola

With his newfound freedom, Coppola has created Tetro, a small but gorgeous film about the tumultuous relationship between two long-separated brothers. The story is filmed in beautiful black and white cinematography that has sadly disappeared these days because it's considered commercial death.

"In my case I didn't make this film to make money anyways, so I just went ahead," quips Coppola.

In short, Tetro is a personal art film that feels like it was found in a time capsule from the '60s and exactly the type of movie that Francis Ford Coppola has been trying to make his entire career.

"In my early career I always hoped that I could make a lot of money with bigger movies and then use that to make more personal films. That was always my intention, so the only irony here is that I made the money in the hotel and wine business and not the film business," recalls Coppola.

• Tetro opens in theatres Friday.

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Tribute to Michael Jackson being organized in Vienna

It's a concert venue fit for a king — even the King of Pop.

Vienna's majestic Schoenbrunn Palace, once home to Emperor Franz Joseph, will serve as the backdrop for what organizers billed Monday as a "global" farewell tribute to Michael Jackson next month.

World Awards Media GmbH, the promoter, said members of Jackson's family and a "high-profile lineup of international stars" will perform on a multimedia stage built in the shape of a giant crown on the palace's sculpted grounds.

"For one incredible night Michael Jackson's unforgettable music will be brought to life again," World Awards Media said on its Web site. "Some of the world's leading artists will perform Michael's greatest hits live in Vienna in front of one of the most fascinating historical sites in Europe and celebrate the life of the 'King of Pop.'"

GETTY IMAGES

Jermaine Jackson

Jackson's brother Jermaine said recently that Vienna was special for Michael, who "loved castles." Tickets go on sale Aug. 20.

Organizers said Jermaine Jackson and other family members would perform some of Jackson's hits. They would not confirm reports that the tribute may include U2, Madonna, Lionel Richie and Whitney Houston, and said a date would be announced soon.

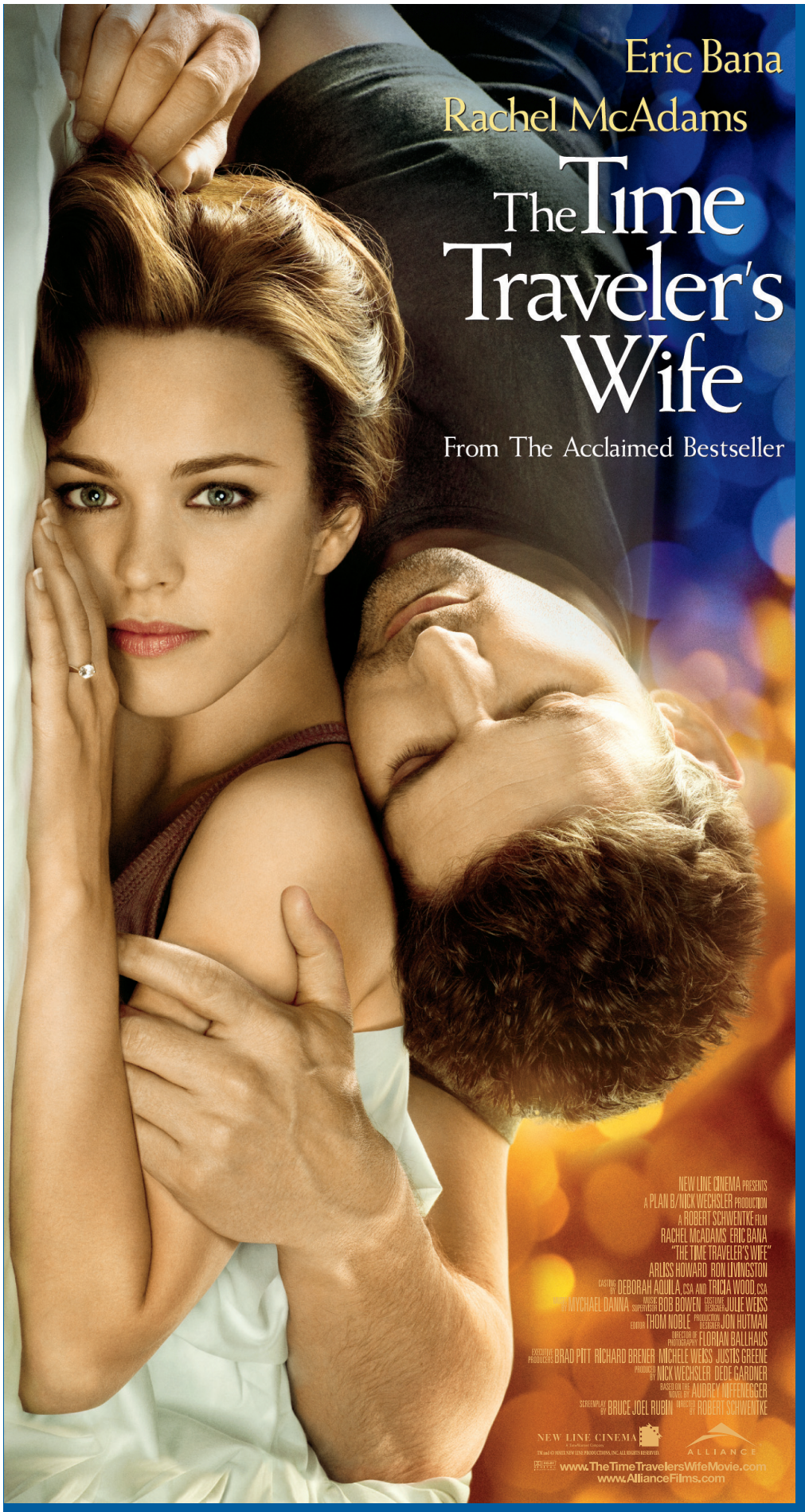
World Awards Media chief Georg Kindel said the event would be held in the first part of September.

Many had expected the tribute to be held in London, where Jackson was booked to perform a series of concerts, or a larger European capital such as Berlin, Paris or Rome.

But Friday, on Larry King Live, Jermaine Jackson said Vienna was "a very dear place for Michael," who performed several times in the Austrian capital over the years."And he loved castles. And we're going to have this huge celebration in front of a castle," Jermaine Jackson said.

Spokespeople for British promoter AEG Live, which had been organizing Jackson's London concerts, had no immediate comment on the Vienna tribute. But London fans expressed displeasure. "If he likes castles, they could've done it anywhere in the UK. We've got them here, too," said Peter Chowng, a 42-year-old London businessman.

THE ASSOCIATED PRESS



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ALLIANCE

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Langella takes on Gekko

Frank Langella (Frost/Nixon) will play Lewis Zabel, an old-school mentor to Shia LaBeouf's character, a young broker who comes under the wicked influence of Michael Douglas' Gordon Gekko in the upcoming sequel to Wall Street. EMPIREONLINE.COM

Who's Goliath in David vs. Conan?

David Letterman is king of late-night television again.

You just won't hear him or CBS crowing about it anytime soon — not after NBC gave the crown to Conan O'Brien based on one week's ratings, much to their regret now. Letterman started his vacation last week with a four-week winning streak, the first since 1995.

It just all goes to show that late-night TV is experiencing remarkable changes in viewing habits, with more than Letterman and O'Brien in the mix. Now, they're competing with machines; DVR playbacks of prime-time shows is a growing habit.

The headline, though, is what is happening at the Tonight show.

Letterman

O'Brien

With O'Brien, it has become a home for young viewers, and preciously few others. He's a particular hit among men up to age 34, and is winning among the 18-to-49-year-old demographic that NBC uses as the basis for its ad sales. Yet the show has lost 2 million viewers in a year: Jay Leno's Tonight averaged 4.6 million viewers each night during the last week of July 2008; a year later, O'Brien had 2.6 million.

"We're exactly where we thought we'd be with Conan," NBC Universal chief executive Jeff Zucker said. "He's doing incredibly well demographically. We always thought that Conan would skew much younger."

The true test will come this fall, when Leno begins his prime-time NBC comedy show, and researchers watch what it means for the late-night lineup, said Angela Bromstad, NBC entertainment chief.

Many of Leno's older viewers have migrated to Letterman, although the CBS host's audience gain doesn't match what O'Brien has lost.

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Teen hits Big time

High-school musical makes Stratford stage

As the daughter of musicians at the renowned Stratford Shakespeare Festival, Britta Johnson used to frolic in the orchestra pit as a child, daydreaming she'd one day be on the playbill there.

She never fathomed she'd see her name headlining a production when she was just 18.

"It's incredible," Johnson said breathlessly during a recent interview as she discussed mounting her high-school musical, Big Box Story, at the southwestern Ontario theatre festival's historic Avon Theatre on Aug. 31.

"I mean, growing up in Stratford, that's kind of the dream, that's the stage you always see yourself on because that's the one I've always grown up with."

Big Box Story isn't officially a part of the Stratford festival, where her mother, Holly Shephard, still blows the trumpet and her late father, Jerry Johnson, played trombone.

But it is running for one night only on a festival stage in the middle of the festival season, giving it the kind of exposure that even veteran playwrights yearn for.

It's also the first student production being put on at the 1,090-seat Avon stage since King Whistle! was staged some 30 years ago. The late playwright James Reaney wrote that show to celebrate the 100th anniversary of Stratford Central, the high school he attended and the one from which Johnson just graduated.

"I don't even think I've fully processed it yet," said Johnson who wrote and is directing the show. "It's beyond anything I ever imagined for this show."

Big Box Story premiered in May at Stratford Central, and sold out for its entire five-day run. The idea to mount the show at the Avon was prompted by the buzz and by a letter-to-the-editor a fan wrote to a local paper.

The musical begins in HoggsMart, a retail outlet where the evil CEO, Harold Hoggs, holds a sales competition for employees. The prize is a trip to a theme park owned by a competing store. Hoggs' plan is to sabotage a roller coaster in the park so his nemesis will look bad and sales there will suffer.

"It's just a corporate world gone out of control — a pretty heightened world but hopefully a comment on what I think about ... corporations in general," Johnson says. "It's an exaggerated comment, certainly, it's all very silly but I thought of it because our town has been in a pretty heated fight against Wal-Mart for the past few years so it was pretty topical at the time."

"I don't even think I've fully processed it yet. It's beyond anything I ever imagined for this show."
Britta Johnson, Big Box Story writer and director

THE CANADIAN PRESS

New HGTV series is casting homebuyers!

Two top real estate agents compete to find your dream home! If you're looking for a house in Toronto, Thornhill or Richmond Hill in August or September, email: realtor@propertelevision.com or call 416.598.2500 x248 to apply.

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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/11/09 primetime	265	353	2	TVO	Blue Realm (DVS)		Women Behind the Badge		Lost in Austen		Stephen Fry in America		Women-Badge
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Dead Reckoning"		(9:01) Big Brother 11		The Unit "Inside Out"		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere II	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Hell's Kitchen (N)		Who Wants to Be a Millionaire		More to Love (N)		Make Me a Supermodel		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Canada (N)				Flashpoint (DVS)		News
	218	345	11	E!	The Insider (N)	E! News	Taking It Off		Rocker Moms	Better Off Ted	Ruby	Ruby	News/Eleven
	137	763	13	TFO	Panorama été	Météo	Tout simple	Villages	*L'Après-midi de Monsieur Andesmas* (2004)			Folie-aventure	Météo
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Stargate SG-1		*Max Havoc: Ring of Fire* (2006, Action) Mickey Hardt.				The DVD Show	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Dead Reckoning"		(9:01) Big Brother 11		Medium (HDTV)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (HDTV) (Live)				News
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Who Wants to Be a Millionaire		Better Off Ted	Better Off Ted	Primetime: The Outsiders (N)		News
	219	346	20	ACH-B	The Road to Avonlea		America's Got Talent		America's Got Talent (HDTV) (Live)				News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	Hell's Kitchen (N)		More to Love (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (DVS)		Nova scienceNOW		Human Senses "Smell, Taste"		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Life's a Drag"		90210 "Off the Rails"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Cubers		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		The Entrepreneurs		The Entrepreneurs		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at New York Yankees. (HDTV) (Live)						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	400	400	30	TSN	ATP Tennis Rogers Cup -- Early Round. (HDTV) From Montreal. (Live)						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman Costa Rica.		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Lost"		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Style by Jury	Friends	Divine Design: Bathroom		Style by Jury	Style by Jury	*They Come Back* (2007, Suspense)		
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Greek "Barely Legal"		Video on Trial	Degrassi: TNG	Springbreak.09
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		Interventionist
	700	800	35	TLN	Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*The Last Templar* ★ (2009, Adventure) Mira Sorvino.				House
	620	523	40	BVO	Lord of the Rings Symphony		Live at the Rehearsal Hall		Scotty Moore & Friends: A Tribute to the King				Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Trojan Horse"		Lost Worlds		To Build a Nation		NCIS "Trojan Horse"		Sea Hunters
	625	548	44	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	MLB Baseball Washington Nationals at Atlanta Braves. From Turner Field in Atlanta.						Seinfeld	Family Guy	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Beauty Shop* ★★ (2005, Comedy) Queen Latifah.				Tiny & Toya	Tiny & Toya	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	52	MTV	MTV Cribs	After	MTV News	Cribs	16 and Pregnant		Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54	TROP	Power Play		Tube Tales (N)	Tube Tales	Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	At the Table	At the Table	Heil's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Las Vegas (SC)		TVA 22 heures	Sucré-salé	*Ripoux 3* (SC)
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing		The Closer "Next of Kin"		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301	M1	*Forgetting Sarah Marshall* (2008, Romance-Comedy)				*Burn After Reading* ★★★ (2008)			(10:45) *Untraceable*	
	305	612	306	PIX	*Monty Python*	(7:20) *High Adventure* (2001, Action)			*Cecil B. Demented* (2000, Comedy-Drama)			*Suspicious River* (2000)	

critics'corner

Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Ask the nearest Elvis Presley fan. Tennessee-born Moore is a guitarist who played with Elvis back in the day, starting with his first hit, "That's All Right (Mama)" in 1954. In this special, Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman. Dust off your blue suede shoes, fix yourself some peanut butter and banana sandwiches, and enjoy! 9 PM on BVO

So You Think You Can Dance Canada

The contestants have gotten sharper, according to judge Jean Marc Genereux, who returns for the second season of Canada's homegrown dance competition along with fellow judge Tre Armstrong, rotating third judges Blake McGrath and Luther Brown, and host Leah Miller. Having watched and learned from season one, this year's auditioners know what to expect — so they're ready. The dancer dubbed Canada's favorite gets $100,000 and lots of career exposure. 8 PM on CTV

Another boy for Hasselbecks

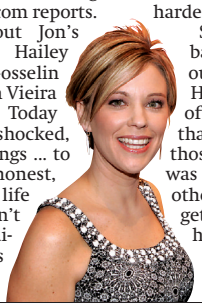
It's another boy for Elisabeth Hasselbeck and her husband of seven years, former NFL quarterback Tim Hasselbeck. The 32-year-old View co-host welcomed son Isaiah Timothy on Sunday in New York City, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

'So much has changed'

OPENING UP In her first interview since separating from her husband Jon in June, reality TV star Kate Gosselin says she is hurt by her ex's recent flings, usmagazine.com reports.

Asked about Jon's girlfriend Hailey Glassman, Gosselin told Meredith Vieira on Monday's Today show, "I was shocked, but those things ... to be very honest, that's his life and they don't affect me directly at this point.



"It is hurtful. It's very hurtful," she went on. "To be very honest, the most hurtful part is when his decisions directly affect our children. That's the hardest part for me."

She added: "I go back very often to our vow renewal in Hawaii. I think very often of it, and in that moment, I meant those vows. And there was no option for us other than to be together. And so much has changed."

METRO NEWS SERVICES

Elle mag blacklists Lindsay

OUCH Lindsay Lohan may be winning praise from director Robert Rodriguez for their current project, Machete, but not everyone has warmed to the troubled starlet.

Lorrain Candy, the editor-in-chief of Elle U.K., was apparently so displeased with Lohan's behaviour at a recent photo to shoot that the actress probably won't appear in its pages again.

"This was the most unpredictable and confusing shoot in my magazine career," she wrote in the new issue. METRO WORLD NEWS

Michael finally laid to rest?

CLOSURE Michael Jackson's body has finally been laid to rest, sources tell the Daily Mirror. His burial took place with no fanfare at the Forest Lawn Memorial Cemetery in the Hollywood Hills, and his family wants to keep the location of the grave a secret.

"Other than the Jackson family and the management at Forest Lawn, no one knows the exact spot," a source told the paper. "Staff at the cemetery have been fed several different locations. It's as if they are hoping to confuse everyone so it can't leak out."

As well, despite a tabloid report saying otherwise, longtime friend Mark Lester is not the father of Jackson's daughter Paris, nor is he claiming paternity, sources tell People.

Jackson family attorney Londell McMillan adds that the story is an unproven and meaningless claim, and the probate court has no reason to doubt the late star is father to all three kids.

"These are just merely claims with no legal standing whatsoever," McMillan told People.

One source says while Lester did donate sperm, the timing doesn't line up for that sperm to have been used to conceive Paris. METRO NEWS SERVICES

Mercury talk strictly verboten: Piven

TRUTH TO EVERY JOKE? Note to those around Entourage star Jeremy Piven: Don't mention that whole mercury-poisoning thing, popeater.com advises. The website reports ex-Saturday Night Live star Chris Kattan apparently got a dose of Piven's rage behind the scenes at MTV's It's On With Alexa Chung last week.

According to the NY Daily News, the pair got into a shouting match when Kattan asked Piven: "So, what are you here to promote, your Broadway play?," referring to Piven's excuse that he had mercury poisoning when he left the show Speed the Plow in December.

Piven responded with a dig at Kattan's best-known character on SNL: "Well, what are you here to promote? Mango?"

Though Kattan thought Piven was joking, a witness says Piven stepped up his insults. "(Kattan) said 'Whoa, man — I thought we were just fooling around here,'" to which Piven allegedly responded: "I'm getting sued for that s—t ... It's not funny."

METRO NEWS SERVICES

Miley gets saucy at Teen Choice

SHORT SHORTS Miley Cyrus is courting controversy again after her performance at the Teen Choice Awards. The Disney star performed her new single, Party in the USA, dressed in super-short shorts and black leather boots while dancing provocatively around a pole mounted on top of an ice cream cart.

GETTY IMAGES

METRO WORLD NEWS

Dancing with the Stars wants Paula

JOB OFFER She might be out at American Idol, but Dancing with the Stars is ready to take Paula Abdul. ABC president Steve McPherson he'd love to add her to its panel.

"I think she's a huge talent. There's a sensitivity and an empathy that balances out Idol, and we'd love to get a piece of that."

METRO WORLD NEWS

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Oasis Cancun + taxes & fees $277
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 16/swg/wg.

Hawai'i 7 Nights $889
Ohana Waikiki West + taxes & fees $145
INCLUDES roundtrip airfare and 7 nights 3-star accom in Waikiki. Departs Oct 14/wsv/ws.

Aruba 4-Star $1158
Holiday Inn Sunspree + taxes & fees $240
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Aug 17/vat/ts.

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Western Caribbean $584^
Freedom of the Seas + taxes and fees $76^
INCLUDES 7-day Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Port Canaveral and visit Labadee, Ocho Rios, Grand Cayman and Cozumel. Port charges included. Sails Sep 27.

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Thailand Island Hopping $749
Thailand Island Hopping + local payment USD150
INCLUDES all accom, local transport, tour leader and local guides on this 9-day small group tour. HIGHLIGHTS Bangkok, Ko Samui, Ko Pha Ngan, Ko Tao, Krabi, Ko Muk & Andaman Sea. Departs Aug 29/gap.

Europe Holidays

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Eurail Italy Pass + taxes & fees $302
INCLUDES roundtrip to Rome airfare and 4-day rail pass to explore Italy at your own pace. Travel Sep 4 - 18/ggv/ts.

Frankfurt 6 Nights $787
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INCLUDES roundtrip airfare and 6 nights 3-star central accom with breakfast. Departs Sep 2/acv/ac.

London 7 Nights $799
Ibis London Earls Court + taxes & fees $395
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Paris 6 Nights $879
Hotel Cervantes Paris + taxes & fees $336
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Madrid City Break $1237
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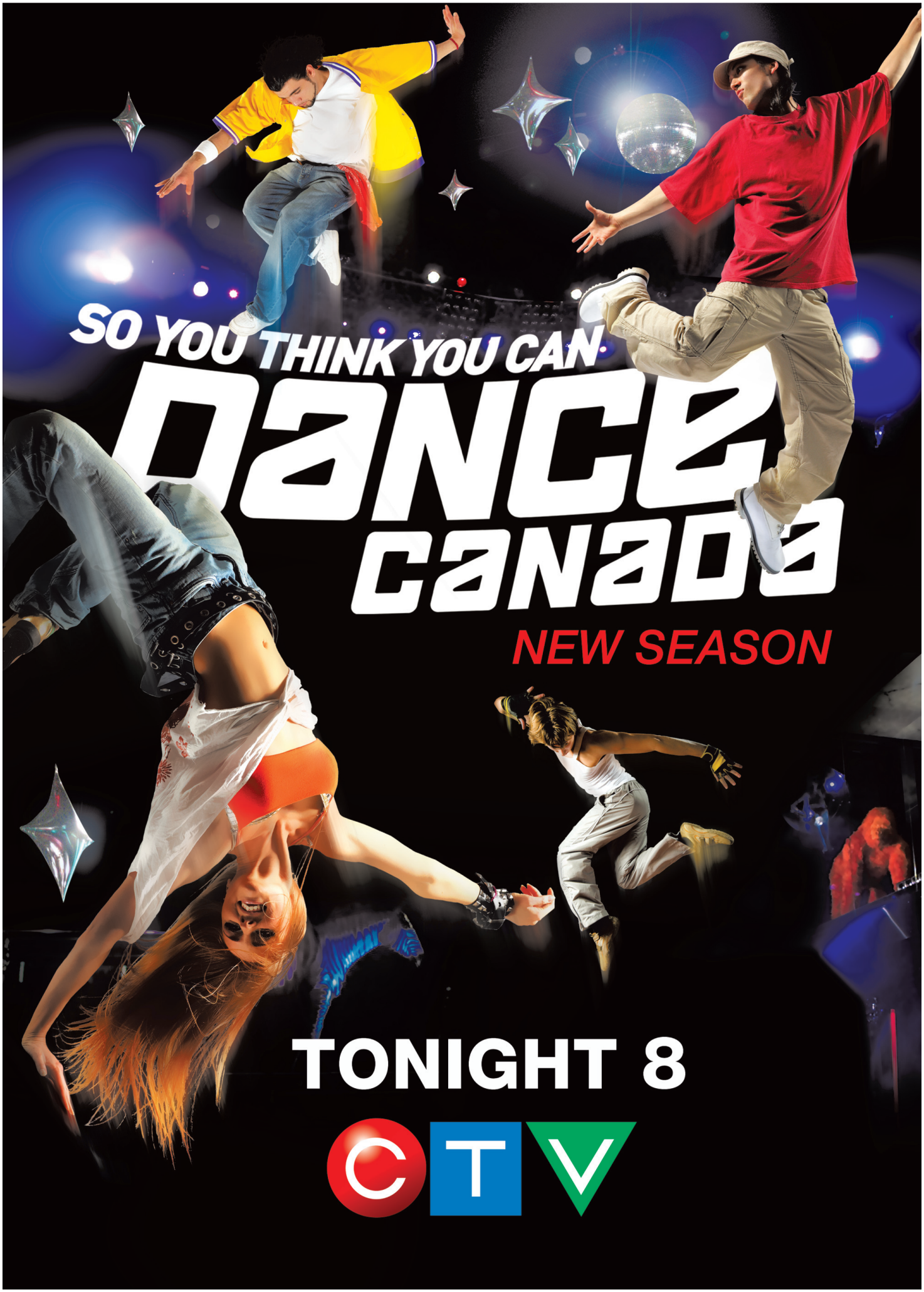
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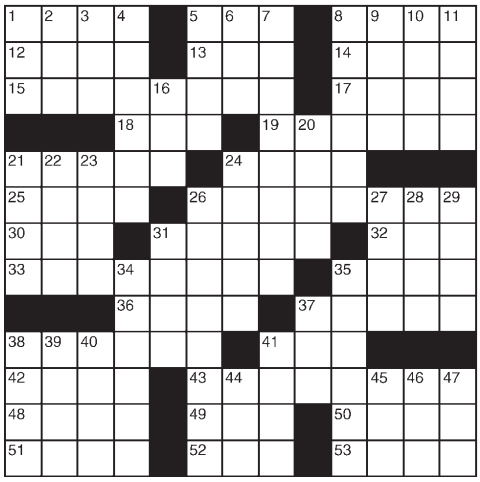


ACROSS

1 Send forth
5 Radio watchdog org.
8 Tarzan's mate
12 Exposed
13 Blunder
14 Reed instrument
15 Shiner
17 Get better
18 Smack
19 Carelessness?
21 Alley "oops"?
24 Fed
25 Great Lake
26 Haughty sort
30 In medias —
31 Audit, perhaps
32 Literary collection
33 Decorative cutout
35 Eccentricity
36 "We'll tak' — o' kindness yet"
37 Tennessee county
38 Palin's bailiwick
41 Awful
42 Society newbies
43 Yuletide refrain words
48 Sandwich shop
49 Poolroom stick
50 Con
51 Terrier type
52 Shrill bark
53 — moss

DOWN

1 Recede
2 — de mer
3 Playwright Levin
4 Computer fixer
5 Yard portions
6 Weep
7 Slapstick missile
8 One of the Bachs
9 Help a crook
10 Ark builder
11 Slithery
16 Tool set
20 Analgesic target
21 Antitoxins
22 Get ready quickly?
23 Sylvester's impediment
24 Rose
26 Spiciness
27 Prison
28 Hathaway or Heche
29 Tibetan herd
31 Ailing
34 Dog of film and TV
35 Abduct
37 Cowboy's sweetie
38 Tosses in
39 Onionlike vegetable
40 With skill
41 Gridlock sound
44 Overseas agreement?
45 Inseparable
46 Greek vowel
47 Torched

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			9	2				7
3		4		8		5		
					3			1
	3	9	8	1		2		
		8				7		
		1		5	7	8	3	
8			4					
		3		7		9		6
5				3	6			

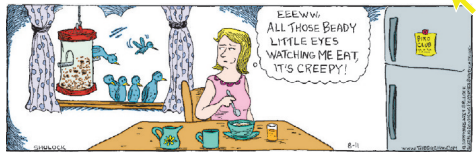
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	S	K	■	S	T	A	L	E
I	K	E	■	H	I	V	E	S
M	I	N	C	E	M	E	A	T
■	■	■	A	B	E	■	S	E
B	A	M	B	O	O	■	H	E
U	R	I	■	P	U	G	■	M
S	I	N	K	■	T	A	R	■
T	A	T	E	R	■	S	O	S
■	■	J	E	E	P	■	M	O
O	C	U	L	A	R	■	A	L
V	O	L	■	M	I	N	N	E
E	R	E	■	E	M	A	I	L
R	A	P	■	R	E	P	A	Y

M	O	W	2	8	6	3	5	1
I	D	O	3	4	1	9	7	6
N	O	R	7	9	5	4	2	8
C	U	R	E	2	3	1	9	5
E	R	S	8	2	3	1	9	5
■	■	■	1	6	8	5	3	7
B	U	L	B	4	3	2	8	6
I	L	E	I	6	5	4	7	8
S	T	■	■	5	7	8	2	9
I	A	■	■	1	6	8	5	3
A	■	■	■	4	3	2	8	6
■	■	■	■	5	7	9	2	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Baked Chicken with Tomatoes

INGREDIENTS:

1 egg
1/2 tsp (2 ml) salt
1/2 cup (125 ml) toasted Brazil nuts or blanched almonds, finely chopped
1/3 cup (75 ml) wheat germ
4 boneless skinless chicken breasts
2 tbsp (25 ml) olive oil
2 cups (500 ml) grape or cherry tomatoes, halved
1 tsp (5 ml) dried basil

METHOD:

1. Preheat oven to 425 F (220 C). Coat a baking sheet with cooking spray.
2. Place egg and salt in a shallow dish and whisk with 1 tbsp (15 ml) water. In another shallow dish, combine nuts and wheat germ. Dip chicken breasts into egg and then nut mixture.
3. Place on baking sheet and coat with cooking spray. Bake, turning once, 15 to 20 minutes (depending on thickness) or until cooked through and crispy.
4. Meanwhile, heat oil in large skillet over medium-high heat. Add tomatoes and basil; cook until just browned, 3 minutes. Serve with chicken.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
A breakthrough of some kind is likely today, and although there may be a price to pay for your good fortune you will consider it worthwhile.

TAURUS ♉
APRIL 21-MAY 21
You will need the support of family members and other relatives for what you are planning because you won't get far without it.

GEMINI ♊
MAY 22-JUNE 21
If you want to change your life for the better you have got to stop wasting so much of your time on so many irrelevant activities.

CANCER ♋
JUNE 22-JULY 22
You will be much quicker off the mark today than you have been of late and if you see a chance to make money you won't hesitate in the slightest.

LEO ♌
JULY 23-AUG 23
It may feel as if you can take on the world and win but that's more likely to be true if you resist the urge to scatter your energy in all directions.

VIRGO ♍
AUG 24-SEPT 22
Once again you're paying too much attention to what others say and not enough to what your heart tells you. Just listen to and act on your instincts.

LIBRA ♎
SEPT 23-OCT 23
Something that has been keeping you awake with worry until the early hours needs to be dealt with or you may never catch up on your beauty sleep.

SCORPIO ♏
OCT 24-NOV 22
Today's Mars-Saturn link-up makes you determined to let people in positions of authority know you are special. This is no time to be modest.

SAGITTARIUS ♐
NOV 23-DEC 21
Voices will be raised and tempers will be lost today — that's inevitable — but with the right attitude most of the uproar will pass over your head.

CAPRICORN ♑
DEC 22-JAN 20
Some people will always refuse to see sense, no matter what the facts are. It may be tempting to show up one such person today, but why bother?

AQUARIUS ♒
JAN 21-FEB 18
You'll be hugely energetic today but you'll also be limited in what you can do, most likely because you don't have the resources to follow through.

PISCES ♓
FEB 19-MARCH 20
You may find it hard to understand why something is taking so long but getting hot under the collar about it won't change a thing. Be patient.

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TTICO

WORDY GURDY®

BY TRICKY RICKY KANE

1. Monetarily penalize actor Kevin (1)
2. Courageous, dishonest person (1)
3. Is missing some royal flush cards (1)
4. "Move faster, comic actor Bill!" (2)
5. Underground chamber pub (2)
6. Kind, good-natured domestic servant (3)
7. Bombarded a large, spotted African cat (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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ANSWERS
1. FINE KLINE 2. BRAVE KNAVE 3. LACKS JACKS 4. HURRY MURRAY
5. CAVERN TAVERN 6. GENIAL MENIAL 7. PEPPERED LEOPARD
8-11-09

Today in history

AUG. 11, 1929: Babe Ruth becomes the first baseball player to hit 500 home runs in his career with a home run at League Park in Cleveland, Ohio.
AUG. 11, 1965: Race riots (the Watts riots) begin in Watts area of Los Angeles.
AUG. 11,1972: Vietnam War — the last U.S. ground combat unit departs South Vietnam.
AUG. 11, 1988: Al-Qaeda formed.
AUG. 11, 2003: NATO takes over command of the peacekeeping force in Afghanistan, marking its first major operation outside Europe in its 54-year history.

METRO NEWS SERVICES

Courses that take the bite out of starting over

A Continuing Education Success Story – Although she had been a dentist in the Philippines, Catherine Ortiz discovered that Canadian certification could be difficult and expensive. When she learned that she would only have to complete four courses at George Brown College to become a certified dental assistant, she jumped at the opportunity. "Even though I had to spend the money, I'm glad I had to do it," Catherine says. "The classes prepared me to be successful. I'm now more confident – thanks to George Brown."

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- Health Records Certificate
- Health Services Management Certificate
- Health Unit Clerk Certificate
- Medical Office Assistant Certificate
- Medical Office Reception Certificate
- Medical Practice Manager Certificate
- Medical Transcriptionist Certificate

Courses

- Professional Development for Assistant Dental Technicians
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- Professional Development for Dental Hygienists

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Taxes & fees: $312

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All-Inclusive • Junior suite
Sept. 5-26 • 1 wk.
Upgrade to Royal Club luxury rm. for $229 per person
$559
Taxes & fees: $312

Holguin
Occidental Grand Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Sept. 5-26 • 1 wk.
$529
Taxes & fees: $222
Departure tax: 25 CUC cash, paid locally.

Cancun / Riviera Maya
Gran Bahia Principe Tulum • 5 ★
All-Inclusive • Standard rm.
Oct. 4, 11 & 18 • 1 wk.
$769
Taxes & fees: $289

Liberia, Costa Rica
Occidental Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Aug. 22 & 29 • 1 wk.
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$999
Taxes & fees: $205
Departure tax: 26 USD cash, paid locally.

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